

SU men win Mason-Dixon Championships, women take second Pg. 12

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## THEMFLYER

Vol. 37, Issue 23

Salisbury University's Student Voice

May 4, 2010



Kelly Robinson photo

Cancer survivors joined together to kick off Relay for Life 2010 with the Survivors' Lap on April 30 at 6 p.m. After this initial lap, other members of teams, organizations and individuals would join in the laps and the fight against cancer.



Kelly Robinson photo

Members of the SGA Relay for Life Team strike a 60s pose with their decorated fake bus for Woodstock.

By Amanda Johnson Staff Writer

One-hundred and eighteen teams representing over 1,000 SU students, faculty, families and members of the community gathered to fight cancer at SU's Relay for Life on Friday.

From 6 p.m. April 30 to 6 a.m. on Saturday, May 1, Colleges Against Cancer members and other participants in the event were able to raise more than \$80,700 to be donated to the Ameri-

can Cancer Society for further research.

Donations can be made online at www.relayforlife. org/su until Tuesday, August 31.

"Relay for Life is about a community who takes up a fight, that is the fight of cancer," said Dr. Rosemary Thomas, vice president of University Advancement and a Relay supporter who volunteers for the community leadership team for the

This year's theme, "Battle

## Relayers pull all-nighter to support cancer research

Over 120 SU Relay for Life 2010 teams come together to raise more than \$80,700

of the Bands," featured music and a variety of activities. Each team, many of which were RSOs or members of Greek organizations, set up stands which included face painting, massage tables, a moon bounce,

photo booths and more.

There were a variety of baked goods for sale and games for attendees to play as team members and others walked around the circle.

During the opening ceremony, SU junior and event chair Ali Horkey spoke to the community about the importance of supporting and remembering those who have lost their battle with cancer. As a survivor of Acute Lymphoblastic Leukemia, Horkey gave a heartfelt speech about what Relay for Life means to her.

"We all have one common goal, and that is to stop cancer in its tracks," she said. "We want to remember those who fought the hard fight."

The event kicked off with

See RELAY Pg. 3

## Festival brings culture to campus

Students get a glimpse of other countries at Multicultural Festival

By Ryan White Staff Writer

On a sunny afternoon, SU spiced up the campus and hosted its annual Multicultural Festival at the Pergola, Gazebo, University Hill and in the Wicomico Room.

A variety of activities, foods, vendors and a range of various performances were all part of the festival, held April 28.

Participants first received a "Passport to Discovery," which directed them to stations representing different countries from around the world. Participants could sample native tastes from delicious cuisines and have their names written in languages ranging from Chinese to Russian.

"The festival is a recognized event by the Student Government Association. Therefore, many clubs and organizations sponsored ta-

bles representing their groups," said Vaughn White, director of Multicultural Student Services. "In addition, the Intercultural Communication class taught by Dr. Bryan Horikami sponsored 10 tables designed and presented by his students."

The faculty committee that organized the event met once a week for several weeks in order to establish a theme, book performers and organize vendors.

"We had a great turnout.
There was music in the air
and the food was delicious,"
Horikami said.

Junior Rachel Sandifer who is in Horikami's Intercultural Communication class, set up a station recognizing the African county Ghana for extra credit.

"It didn't really seem like work at all, it has been a rather painless and enjoyable

See FESTIVAL Pg. 4



Patrick Hackley photo

At the Multicultural Festival on April 28, Communication Arts majors talked to students from local schools about Ghana.

### PRD brings award-winning NPR personality Rehm to campus



By Vanessa
Junkin
Editor in Chief

Diane Rehm can be heard on the radio every weekday. This Saturday, however, Rehm can be seen and

heard in person during a fundraiser for Public Radio Delmarva, which will bring the host of The Diane Rehm Show to Salisbury University.

"An Evening With Diane Rehm" will take place Saturday, May 8 at 6:30 p.m. in the Holloway Hall auditorium. Some people will be meeting the host from National Public Radio – and many others will have the chance to go to her talk

The event was supposed to take place Feb. 6 and was rescheduled because of the weather.

Regular tickets are still for sale and cost \$25 with an SU ID or \$35 otherwise, while V.I.P. tickets that include a meet-and-greet and preferred seating are sold out.

See REHM Pg. 4

## **Modifications made to RSO Draft**

### With an appointment, RSOs can schedule future events until May 5

By Jacqueline Miller Staff Writer

Different student organizations will battle it out to get the best pick of venues to host next semester's events during this week's RSO Draft.

The draft, which began on May 3 and will run until Wednesday,

May 5, will work on a first-come, first-served basis where RSOs sign up at the Student Activities Office, as opposed to the bingo version that was used last semester, where some students waited for hours to have their pick. One of the biggest changes made to this draft, which allows students to schedule events for Fall 2011,

is that organizations are asked to plan their events a semester ahead of time.

"The increase of student organizations had dictated the implementation of the draft because space is a huge issue," said Sara Lowery, coordinator of student life. "It really puts the organization in a better position because

they come back [the following semester] ready to execute these projects."

Space, especially for outside venues, is the biggest issue when planning an event and Student Activities is working to be creative about new locations. By meeting with organizations one-on-one,

See DRAFT Pg. 2

### Conference calls for sustainable design and development

Collaborative efforts between city and county planners essential for future



Eben Kuchman pho

Richard Hall, secretary of the Maryland Department of Planning, sits with the Smart Growth Club and Geography Professor Amal Ali, Ph.D. on Smart Growth Day on April 28.

By Eric Buratty
Life & Style Editor

With approximately 89 million homes in the United States, the imperative for making smarter decisions with limited resources was the primary focus of April 28's Smart Growth conference program. "The New Federal Partnership for Sustainable Communities" and "Moving from Smart Growth to Sustainable:

this focus during the program.
"One person's barrier may be another person's protection," said

What Will It Take?" were only two

of many presentations addressing

John Frece, director of the Smart Growth program for the U.S. Environmental Protection Agency.

Frece summed up the approach for the EPA's planning requirements and goals during his federal partnership presentation. According to Frece, more cooperation among agencies at all levels is necessary for smart growth in the future.

"Previous unilateral projects must evolve into bilateral projects in the future," he said.

During Frece's presentation, he explained that the largest expense

See GROWTH Pg. 4

Student Art Sale The SU Art Department hosts a student art sale 10 a.m.-3 p.m. Tuesday, May 4 at the Fulton Hall Fountain; rain location is

Fulton Hall lobby.

Spring Music Festival The SU Department of Music presents "Salisbury Soloists Shine" spring festival Sunday-Saturday, May 9-15 in Holloway Hall Auditorium. The series begins with the University Chorale and Vocal Jazz Ensemble during a Mother's Day concert 4:30 p.m. Sunday, May 9. The Salisbury Pops will perform at 7:30 p.m. Tuesday, May 11 and the SU Jazz Brazz Big Band takes the stage 7:30 p.m. Thursday, May 13. Sponsored by the Department of Music, admission to the previous events is free; the public is invited. Salisbury Symphony Orchestra's annual Spring Concert will be 7:30 p.m Saturday, May 15. Admission is \$20, \$15 for seniors, \$5 for children 12 and under. There will be a reception in the Social Room of Holloway Hall. For tickets visit www.salisburysymphonyorchestra.org.

Salisbury Youth Orchestra The Salisbury Youth Orchestra hosts its annual spring concert 7:30 p.m. Thursday, May 20 in Holloway Hall Auditorium. Dr. Jeffrey Schoyen, assistant professor of music at SU, is the conductor of this full orchestra. Members range from fourthgraders to high school seniors from Salisbury and lower Delaware. Admission is \$5, \$3 for seniors and free for under

Park Cleanup and Cookout Professor Eileen Gilheany's Social Work Practice III class is hosting a community organization project. A park cleanup and cookout will take place in the Main Street by the Salisbury Zoo on Saturday, May 8 from 10 a.m.-noon. Contact Andrew Warner at 410-562-1259 or aw52538@salisbury.edu for more information.

Joseph House Food Drive MSW students are seeking donations to the Joseph House Food Drive. All non-perishable items, such as unopened canned, jarred, and boxed food are appreciated. Items can be brought to the SOAP office in GUC. Collection ends on Monday,

Sea Gull Who Soars The Resident Assistant staff in Housing and Residence Life are

leading the flock as Sea Gulls who Soar. Through their outstanding concern for student safety during the February snow storms, they paved the way for students to walk on campus. To nominate a student as a "Sea Gull Who Soars," fill out the nomination from sent through the GroupWise e-mail or visit the Student Activities Office or the GUC Information Desk.

PlanMaryland Forum The Maryland Department of

Planning will host an interactive public forum at Salisbury University on Thursday, May 6 at the Wicomico Room of the GUC, to gain input on Plan-Maryland, a state growth plan designed to foster a more sustainable future for the state. An open house begins at 6 p.m. to give attendees an opportunity to meet and talk with representatives from State agencies and local governments. The main forum begins at 7 p.m. The forum is the only one on the Lower Eastern Shore; it is free and the public is invited. Light refreshments will be served. For more information call 877-767-6272 or visit

www.planning.maryland.gov.

Blood Drive The Student Nurses' Association and the Medical Careers Society will host a blood drive from 10:30 a.m.-4:30 p.m. in the Wicomico Room of the GUC on Wednesday, May 5. To make an appointment, e-mail ed12983@students. salisbury.edu

### "Chomping down breast cancer and Alzheimer's one pancake at a time"



Sigma Pi brother Haden Carlson eats his pancakes as fast as possible to win Tau Kappa Epsilon and Zeta Tau Alpha's Pancake Eating Contest against six others. TKE and ZTA hosted the event in Red Square on May 3 to benefit their philanthropies, the Alzheimer's Association and Breast Cancer Education and Awareness.

### Alpha Sig disappointed by Salisbury Police inaction

By Jacqueline Miller Staff Writer

The brothers of Alpha Sigma Phi spent the day of April 17 picking up trash along Smith Street. Little did they know that later that night, the closed social they hosted with the SU Poms Dance Team would turn violent within the first

According to junior Nate Sitterley, six men — he is unsure of ages, but at least one was under the legal drinking age — entered the residence on Prior St. and became aggressive upon being asked to leave the party.

"I went up to them and told them it was a closed party and asked them to leave and that's when it began to get physical," Sitterley said. "I asked four girls to leave right before them; it wasn't anything against them specifically."

Sitterley was then struck in the face by one of the six men with brass knuckles, breaking 22 bones in his face, fracturing his septum and rendering him unconscious. Upon waking up, Sitterley and his fellow brothers ended the social and called the police.

They described the assailants' vehicle to the police, a white 1990 model Buick or Oldsmobile with black primer down the sides and Maryland license plates; they then described the men. One was described as about 5'2" with dreadlocks wearing a Wicomico High School sweatshirt and well below

the legal drinking age. Sitterley said the police officers arrived on the scene fairly quickly, but didn't seem to care about the assailants getting away and cared more about the party. "They didn't take thorough

notes at all and were actually writing information down on their hands," Sitterley said. "They sort of talked down to us and blamed us for everything that happened,

like we asked for it." Five of the brothers were taken to the hospital that night, with three being rushed to the emergency room. Freshman Brent Galloway had two teeth knocked out after a blindsided hit to the face, requiring stitches in his lip and braces to keep his teeth in place.

"I was just sitting on the couch when it all started and, as soon as I stood up, I was hit directly in the face," he said. "I wasn't expecting it at all and now I have to wear braces until I get a new tooth im-

Many of the brothers were not able to participate in the Greek Week activities the following day due to their injuries, but they received a lot of support from other fraternities and sororities. The SU Poms Dance Team made the boys cookies, made Jello for Galloway and a banner reading "Poms Love Alpha Sig.'

SU Poms Dance Team Social Chair Angela Letcher said she was sitting on a couch with a friend when the guys first entered the house and all of a sudden had drinks thrown in her face.

"It all happened so fast," she said. "I've never experienced anything like that before. I was just so shocked. We all felt really bad it happened to them because they're all such nice guys."

The ongoing investigation on the case has yielded no sign of these assailants. Acting Chief of Salisbury Police Ivan Barkley said that he has talked to one of the victims and his father but has not talked to any officers on the case.

"It's probably an assumption that every case is reviewed in its entirety and that doesn't quite happen," Barkley said. "We don't deal with it any differently than we would with any other resident."

When asked about the officers treating the case nonchalantly and taking notes on their hands, Barkley said: "If I knew that, I would maybe consider it a concern. I didn't hear that from the student, but [the officer] may not have had paper on hand. Is that the best thing to do? No, but it's a way to keep information. I would definitely disagree that it was handled nonchalantly.'

With every day that goes by, the chances of finding these six individuals slowly diminishes and the victims have to deal with the repercussions. "I just want justice; everyone

wants justice," Sitterley said. "It really saddens me. I don't feel welcome in a place that I am only trying to make better.



Adrienne Price phot Nate Sitterley shows his wounds after party crashers attacked him.

### Draft

Continued from Pg. 1

the draft will act as a one-stop shop, which will make the process more streamlined and cater to organizations' specific needs.

"I don't ever want to tell someone no," Lowery said. "I want to be able to give organizations a Plan B."

SGA Executive Vice President Hayley Efland said the RSO Draft is an effective way to get the maximum amount of participation and attendance at RSO events.

"The point of having representatives of RSOs there at the same time, scheduling events, is to make sure we don't have conflicting schedules," she said.

Results of a survey from the draft Student Activities held in the beginning of theh semester sparked the changes made to the draft because many RSOs were concerned with the functionality of the process.

"I love the changes made to the draft because each RSO can sign up for a time slot that fits their schedule and everyone will have a one-on-one session planning their events," said SU Poms Dance Team President Telecia

SU College Republicans President Matt Teffeau likes most of the changes made to the draft but to allocate space on campus," is still skeptical as to how it will

"[I think] the draft is a good idea and does work to a point, but

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**GOTOROBINSONS.COM** 1520 S. SALISBURY BLVD. I have heard of some clubs not getting their needs met," he said. "Clubs like ours will not know when a politician is coming or when we will hold our two debates in the fall so it's tough working them in sometimes. Sara Lowery, [however], has done a great job keeping my club in mind

for events.' With student organizations vying for the best locations to host their events, the draft will give everyone an equal chance to reserve locations for next semes-

"We feel this is the fairest way Lowery said. "We want to use a system that works and is comfortable for [students].'

11:45 p.m.

Tampering with Vehicle A University Police Officer discovered an intoxicated student

seated inside one of the

University Police Department's EZ-Go vehicles. The student attempted to flee when the officer arrived. The student was identified and a copy of the officer's report was forwarded to the Office of Student Affairs for review.

> 4/24/10 3 p.m. Trespassing

A non-student was arrested for trespassing when he entered the Athletic Complex after being ordered to leave the property by a University Police Officer.

4/24/10 3:27 p.m.-8 p.m. Tampering with Vehicle A student reported their vehicle had been maliciously keyed while parked in Devilbiss Lot E.

> 4/25/10 8 b.m.

Suspicious Circumstances A student reported unknown suspect(s) had placed flyers of himself on vehicles in the University Park parking lot.

4/23/10-4/25/10 3:30 p.m.-6:15 p.m. Breaking and Entering A Chester Hall resident reported that their room was burglarized by an unknown suspect. There was no property taken from the room. The suspect was identified and the case forwarded to Student Affairs.

4/26/10 1:15 a.m.-1:40 a.m. Theft/Disruptive Behavior While on patrol in the Devilbiss lot, an officer observed a domestic disturbance between two subjects. The officer stopped the argument. One subject left the area taking personal property of

4/26/10 7:21 p.m. Check on the Welfare An officer transported a student from Pocomoke Hall to Peninsula Regional Medical Center for an emergency evaluation.

> 4/27/10 4:01 a.m. Check on the Welfare

A request was made to check on the welfare of a student residing in Choptank Hall. An officer responded to Choptank Hall finding the student to be asleep and good health.

> 4/27/10 3:40 p.m. Theft

Victim reported the theft of a personal item from their residence in Chester Hall.

> 4/29/10 8 a.m.

An employee reported the theft of an unlocked padlock from behind Fulton Hall.

### SU faculty to publish in Journal of Personnel Psychology

From the Public Relations Office

SALISBURY, MD — An article co-authored by Drs. Frank Shipper and Stephen Adams of the Management and Marketing Department of Salisbury University's Franklin P. Perdue School of Business recently was accepted for publication by the Journal of Personnel Psychology. The article, "A Model of Values Based Shared Leadership and Sustainable Performance," pro-

vides evidence that shared leadership in a company can lead to positive outcomes. Co-authored by Drs. Charles Manz of the University of Massachusetts-Amherst and Karen Manz, independent author and researcher, the piece cites a study the authors conducted of management at Herman Miller, Inc., a leading business furniture innovator and manufacturer based in Michigan. For more information call 410-543-6030 or visit the SU Web site at www.salisbury.edu.

### Participants step up their sexy with pole fitness

Salisbury location of The Pole Power Fitness Studio opened recently; offers classes and parties

By Katie Tyler Staff Writer

Some say that watching television is bad for the brain. But for nurse and mom of two, Angela Houck, watching television changed her life.

"The first time I saw pole fitness was on Oprah," said Houck, owner of The Pole Power Fitness Studios in Salisbury and Ocean City. "After having kids, I had been looking for something fun and different to do to get back in shape. I Googled [pole fitness] for days and I immediately fell in love with it."

Houck hoped to spread that love when she opened The Pole Power Fitness Studio in West Ocean City in December 2007, with only three poles. With business booming at the only pole fitness studio on the Eastern Shore, Houck opened a second studio location in Salisbury, at 927 Mount Hermon Road, in March 2010.

Specializing in pole dancing classes, private lessons and private parties, each workout is "designed to allow you to find your inner diva, gain power and strength, get fit and have fun as you progress through the levels at your own pace," according to the The Pole Power Studio website.

Each studio offers an intimate setting to its clients, now with 10 poles available in the West Ocean City studio and 16 poles available at the Salisbury location.

the cancer survivors' lap where

able to walk with their families

cheered on by the students and

cant role in the lives of cancer

survivors and thoses currently

battling the disease. SU sopho-

his touching story during the

event and reached out to thank

more Christopher Moore shared

Relay for Life can play a signifi-

and caretakers while being

community members.

those affected by the disease were

Relay

Continued from Pg. 1

"We have women of all shapes, sizes, ages, fitness levels and professions that come out and take classes," she said. "Pole fitness can give any woman confidence that she didn't think she had."

Classes range from beginner to advanced, making it clear that Houck has something for everyone. "Taking the pole fitness class is the

most fun I've ever had exercising," said Michaela Lizzas, a student in the class. "I've been taking them for several months and have noticed a difference in my weight, strength, and flexibility."

In addition to fitness classes, Houck invites ladies to get fit and have fun together by booking a "pole party." From bachelorette parties to birthday parties to "Just Because" parties, groups learn a basic dance routine and get a chance to perform it at the end of the night.

"Pole Parties started as home parties. When I actually got my studio open, parties started booking very quickly," Houck said. "Ladies love it. It's a great way to bond."

The power of the pole fitness craze extends beyond the Eastern shore, reaching the national level with serious pole performers engaging in "pole sport," competing around the world.

"When people hear talk of pole dancing, they most instantly think of exotic dance," Houck said. "There are actually three general areas of

his family and friends for their

When Moore was five years old,

he was on vacation with his fam-

ily when he started experiencing

painful headaches. He was later

diagnosed with acute leukemia.

"I depended on my parents

'Knowing that they were there

constant caring and support, I

mission but came back when he

would not be standing here

for me was enough. Without their

every single day," he said.

endless support.

location, Houck looks forward to expanding her clientele to include Salisbury University students. "We already currently have a few

Angela Houck, owner of The Pole Power Fitness Studios in Salisbury and W. Ocean City, shows an example of how

Since opening the Salisbury studio

lying together to make pole dancing students enrolled in our classes," she said. "I am certainly looking to increase that number and make stu-"Pole sport is judged much like gymnastics," Houck said. "Gymnasdents become more aware that we tics is a recognized Olympic sport. are here."

pole dance: exotic dance, pole fitness

So serious, in fact, that pole fitness

enthusiasts around the world are ral-

and pole sport. These ladies are seri-

ous about their sport."

an Olympic sport.

Why shouldn't we be?"

The Pole Power Studio website.

him that he needed a bone mar-

row transplant and his brother

was a perfect match. He under-

went the procedure and is very

friends have done for him

through this difficult time.

thankful for what his family and

One of this year's top partici-

pants was Justin McJilton's team,

McJilton lost his fight with cancer

and passed away in October 2009.

He served as a co-chair member

for SU's Relay for Life for two

years and had always been an ac-

tive supporter and advocate for

the event. McJilton's sister Kaylin

who raised more than \$12,000.

Teddie Sullivan, a Wor-Wic stu-Efforts in making pole dancing an dent, was interested in the studio after stopping by.

an SU sophomore, and his

on his legacy at SU.

mother rallied together to carry

"It is hard to be here, but it is

for a good cause," Kaylin McJil-

ton said. "We want to prevent

people from having to deal with

what my family and friends have

SU has twice been named one

of only 20 "Leaders of Hope" by

the Colleges Against Cancer pro-

gram, which brings together col-

lege students and faculty from

more than 300 campuses in the

fight against cancer.

dealt with by raising money."

Olympic sport include Facebook petitions and dedicated websites to the "After seeing the studio and getting a better sense of what the classes encause, all of which can be found on tail, I am really interested in trying

to work out on a pole at her studio. Pole fitness is increasing in popularity among women of all ages and sizes. pole fitness," she said. "It seems like a fun, unique way of exercising that is especially dynamic for girls our

Submitted photo

At the end of the day, Houck's main concern is that all her clientele enjoy themselves and get a chance to let loose.

"As an instructor, I love watching that magic happen—watching women go from anxious yet intrigued to confident and fun."

For more information on The Power Pole Fitness Studio, please call 1-87-POLE DIVA or visit www.thepolepower.com.

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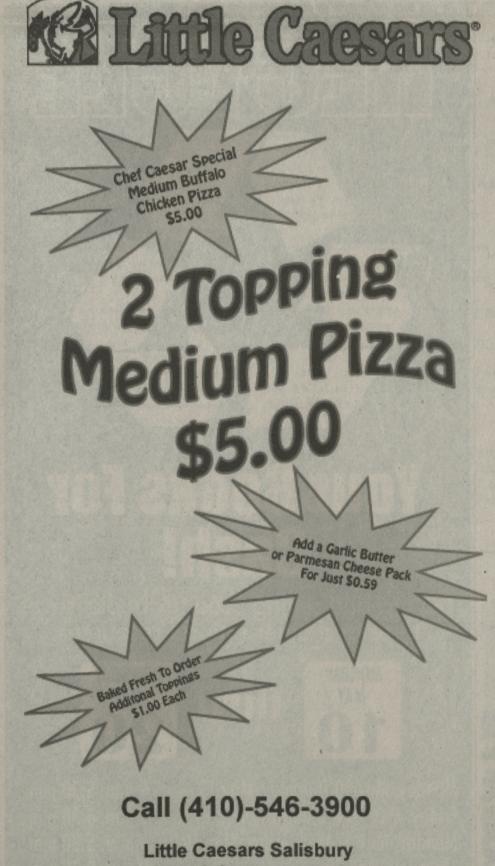
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Continued from Pg. 1

experience," she said. "The bands were interesting to listen to and the overall atmosphere was really fun."

Music from the Mystic Warriors, a brass pan flute or "toya" ensemble, and the Steel Kings, a steel drum band, enlivened the festival with rich and exotic sounds

throughout the afternoon. Other performances included the SU Poms Dance Team, Untouchables Dance Inc., Egyptian-American Dancer Diana Calenti and other Egyptian folkloric and contemporary dancers from the D'Ann Danse Studio in Salisbury.

Aside from performances and food, students could stop at the booths of numerous vendors, who were selling a range of merchandise such as jewelry, glass blowing,

clothing, arts and other crafts. "Along with the performers, the vendors add a certain vibrancy and festive-feel to the day," White said.

While hundreds of SU students

attended the festival, a large number of younger students from local schools stopped by to enjoy the culture and warm weather as well. "We are learning about different countries and their natural re-

sources in my social studies class," cultural Festival, SU also held a Caribbean Dinner in the Bistro secsaid Isaac, a fourth grader at Pinehurst Elementary. A letter to county tion of the Commons. There was schools was sent a few weeks prior also a screening of the award-winning 2008 French Film, "The to the event and invited students Class", directed by Laurent Cantet, and teachers from local schools to sponsored by the SU Film Society.

"The campus was definitely culture-rich this past week, and alongfestival to involve the local schools side the beautiful weather, I'd say the whole thing was a great success," Horikami said.

### Rehm

Continued from Pg. 1

One of the event organizers, PRD Corporate Support Manager Mike Dunn, said over 500 tickets have been sold and PRD anticipates raising about \$20,000 to \$25,000 from the event.

PRD General Manager Gerry Weston said that PRD decided to host special events, like many radio stations, "to connect the on-air personalities with the people that enjoy them, and listen to them."

During the planning stages, Angela Byrd, membership coordinator for PRD and the other person coordinating and producing the event, said that a Diane Rehm Volunteer Committee was formed to connect with locals for promotion as well as

"There seems to be an incredible energy surrounding this event," she said. "It's really inspiring to hear staff, faculty of the University, PRD staff, [and] so many of our loyal listeners and supporters talk about how excited they are that we're bringing such a popular NPR host

Anyone who bought tickets for February's event will be able to get in, and Dunn mentioned that people are still excited about it.

WSDL 90.7, one of the two PRD radio stations that broadcasts from Caruthers Hall, plays The Diane Rehm Show weekdays at 10 a.m. Rehm does her show from WAMU 88.5 in Washington, D.C., but she reaches about 2.2 million Americans across the nation each week - in addition to those who may be listening in other countries, according to the

WAMU Web site. Rehm has been on the air for more than 30 years. The Diane Rehm Show has had its name since 1984, but prior to that, it was called Kaleidoscope, which Rehm began

Growth

Continued from Pg. 1

for the EPA is water infrastructure for states

with an approximate guidance of \$3.4 billion.

In order to do so, the EPA focuses on goals

like better flexibility toward program recom-

mendations, better spending alignment, and

better involvement from regional agencies.

Smart growth reflects the fact that, if

something is not durable, it is not sustainable.

So a transition from smart growth to sustain-

Dr. Gerrit-Jan Knapp's presentation elabo-

rated on what it will take to move from smart

growth to sustainable and primarily focused

on land use and location efficiency in terms

pointed out how school, highway and arterial

of flaws of priority funding areas. Knapp

capacity are all in the wrong places. Knapp

also said that the federal government could

Richard Hall's seminar during the opening

session. Hall has served as the secretary for

2007, and he was very pleased of the pro-

this before," he said. "We got to hear from

the entire environmental development com-

munity all in one day—government, citizens,

gram's turnout at SU.

the Maryland Department of Planning since

"This school had not done something like

be more helpful towards smart growth. Frece's and Knapp's presentations followed

able means applying action with limited re-

sources to facilitate a more durable

hosting in 1979, according to the

WAMU Web site. Rehm said in an e-mail that she feels her most meaningful awards are her honorary doctorate degrees, but she added that on Monday, May 17, she will be getting the George

Foster Peabody Award. Byrd, who said she listens to the show every day, described Rehm as "an inspiring role model" that is able to reach many different types of listeners. Byrd said she enjoys the conversations and interviews that are part of Rehm's shows as well as the variety of topics she covers.

"I'm really excited ... to meet the person behind the voice," Byrd said. Weston noted the wide range of interviewees that have been on Rehm's show.

"I feel that she is a very knowledgeable host, and considering the intelligence of her guests, I think that's a good reflection on her," We-

In addition to the guests that she talks to on the air, she wrote in her e-mail about the importance of the listeners that call in.

"They are an integral part of the program, and make our guests think very hard about the subjects," she wrote. "I love hearing from people around the country and around the

She said she also looks foward to speaking with people who will at-

tend her talk at SU. "It's always good to meet new people; to hear their ideas and impressions of the program," she wrote in an e-mail. "I hope to have an engaging conversation with those at Salisbury University."

To purchase tickets, people can go to the PRD station in Caruthers Hall, call 410-543-6895 or buy them

This story has been updated from an article that ran in the February 2 edition of The

> and housing. It's great to learn what others are doing and programs like this will help us

Other smart growth sessions included "Best Practices in Land Preservation,"

"Growing Smart: Small Towns Making a Big

Difference," and "Best Practices in Sustain-

able Design." The latter stuck out to the ge-

ography and geosciences department's Smart

Growth Club, who helped organize the entire

interesting; it's great seeing how planning

concepts are being applied in communities

Kopishke, Smart Growth Club president.

a small city, campus sustainability initiatives

were also highlighted during the green design

campus and renovations were consistent with

program. The construction of buildings on

many of the smart growth goals for the city

While there is always room for improve-

moderator of the opening session, empha-

sized that there is an urgent need to build

trust between the government and county

and city residents in order for smart growth

"More collaboration between the city and

county planners is very important to achieve

our development goals and improve the qual-

ity of life in Wicomico County and Salisbury

of Salisbury and Wicomico County.

throughout Maryland," said Lauren

"Our last session on green design was really

Since the SU campus has most elements of

advance smart growth down here."

### Hot topics tackled at political debate SU College Republicans and SU Dems voice opinions

"It has been a tradition of the

We plan to include many more

In coordination with the Multi-

schools for 2011." White said.

By Hayley Efland Staff Writer

While political turmoil flows throughout the country, SU students took the time to speak their mind and comment on the hot topics facing the nation. On April 26, students gathered in Caruthers Auditorium to hear what representatives of College Republicans and SU Dems had to say about a variety of important issues. Matthew Teffeau, president of SU College Republi-

cans, helped to organize the debate. "It is important mainly to start bringing some political awareness here to SU, something we greatly lack in," he said. "Students and supporters should be informed more as to what is going on in Washington, Annapolis, and Salisbury."

Spreading political awareness wasn't important to just the SU College Republicans. Scott Moore, president of SU Dems, spoke of the importance of the de-

"I felt that we needed to do this debate both to correct some of the inaccuracies people have been hearing about our policies as well as the even more important desire to promote political awareness on campus," he said.

The four debates — on health care, the environment, foreign policy and the economy — focused on topics of importance to both students and other U.S.



Adrienne Price photo

Steve Engelman look on.

"I personally felt that the most important issue by far was the healthcare portion," Moore said. "Lately, health care has been a hotly-debated topic with a lot of accusations being thrown around and I think we helped to correct some of the inaccuracies going around. I'd really like to say good job to Thomas Mitchell who, out of all of our representatives, impressed me the most with his speaking about health

Teffeau agreed that health care is a hot topic, but chose a different issue as the most important.

"Health care was a heated issue but I feel like the economy was the most important," he said. "Pat Gotham's points were really well covered on that we are spending way too much and Obama's policy toward trying to fix Wall Street, the bailouts and borrowing money from China will not help us, in any way, come out of this recession."

The SU College Republicans and SU Dems hope to continue to have more debates during next semester. With the gubernatorial race coming up in November, there is much to be discussed. Both of the organizations' presidents agree that bringing political awareness. to the campus will only help decrease political apathy among students.

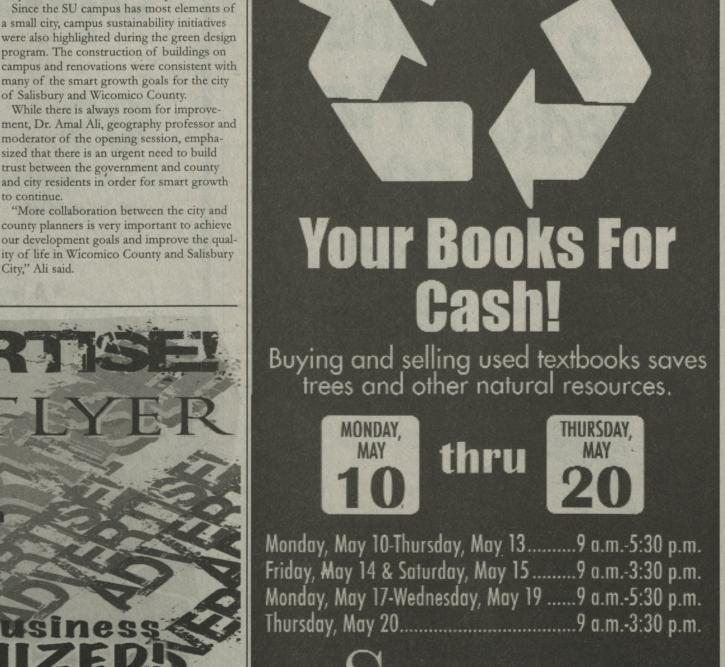
"The Institute for Public Affairs and Civil Engagement] did a great job co-sponsoring the event and we will work with them more in the fall to have more



Pat Gotham, second from right, debates the economy Democrats Scott Moore, Thomas Mitchell and Scott Besore listen to Jeremy Riffle, far right, voice his opinion on foreign policy.

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## GLOBAL

Volume 37 Issue 23

### Sinking of S. Korean warship points to external explosion



http://earnforuploading.blogspot.com/ photo An ongoing investigation into the sinking of a South Korean warship points towards North Korean involvement.

By Jeremy Riffle Global Editor

An investigation into the March 26 sinking of a warship is increasingly pointing toward North Korean involvement. A preliminary analysis of the Cheonan's bow, which was salvaged on April 24, has suggested that there was a close-range external explosion below the ship, causing it to break into two pieces and sink off the western coast of the Korean Peninsula. Such a blast could have come from a mine or torpedo exploding beneath the Cheonan's bottom.

"Instead of being directly hit by a torpedo or other underwater weapon, the Cheonan was affected by a strong explosion that occurred below its bottom at a close range," said an official to the South Korean Yonhap news

The investigation, which is

perts, is expected to be finished in a month

South Korea, which has carefully avoided blaming North Korea for the incident has pledged to retaliate for the Cheonan's sinking and the deaths of 46 of its sailors, include six whose bodies have not been found. 58 sailors survived.

The country's president, Lee Myung-bak has promised that there will be a resolute response and that South Korea's military will be reinforced.

Kim Tae-young, South Korea's defense minister has said that "punitive action" will be taken against "the perpetrators who killed our soldiers."

"I believe that, by thoroughly and completely getting to the bottom of the incident to the maximum extent possible, we should deal some kind of blow against those forces which made our offi-

Jews and Arabs apply in all the

Undeterred, Barkat has said

that he is pushing ahead with a

city of Jerusalem. It's a free

long as they obey the law."

headed by international naval ex- cers and men sacrifice their lives for their country," Kim said on Korean television.

> North Korea has denied any involvement in the Cheonan's sink-

The incident has strained the already difficult relationship between the two countries. Though the South Korean government has hesitated to directly blame Pyongyang for the sinking, it has been reported that most South Koreans believe that the commu-

nist state was involved. The two countries are technically still at war with each other as the 1950-53 war was halted with the signing of an armistice, not a peace treaty. Over the course of the past five decades, there have been three naval clashes between the two Korean states in the area where the Cheonan sank, off of the west coast of the peninsula.

Information in this article was sourced from BBC News.

### Israel decides to freeze controversial settlements, sources claim

By James Asuquo-Brown III Staff Writer

Controversial plans to expand settlements in East Jerusalem, which soured relations between Israel and the United States when they were unveiled by Vice President Joe Biden last month, may now be on hold. Multiple sources now claim that Israel has quietly halted construction of controversial settlements in East Jerusalem at the urging of the

United States. Meir Margalit, a leading opposition member on the

facto" freeze was now in effect. "Since Vice-President Biden was here, they refuse even to bring to the committee projects for Jewish buildings in East Jerusalem."

The housing committee has supposedly told citizens to wait for better timing.

"Just to give the possibility to start negotiations, the government and municipality must stop building. It's very important to do it because peace is more important than houses," Margalit added.

Despite this, both Prime

Jerusalem City Council, said a "de Minister Benjamin Netanyahu and Jerusalem Mayor Nir Barkat have denied that construction has been put on hold. Netanyahu has repeatedly vowed that Jerusalem will remain "the eternal undivided capital of the Jewish people under Israeli sovereignty"

and says President Obama is

meddling in a domestic affair. Barkat has said a freeze singling out housing for Israelis in East Jerusalem would be against Israeli law, "It's illegal in the United States, it's illegal in Europe and it's illegal in Israel. Therefore, it's

Israel's annexation of East a straight no...the same rules for Jerusalem during the 1967 Six

so, if asked.

Day War is considered to be illegal by the international market. They can buy and sell as community. East Jerusalem is viewed by Palestinians as the capital of their future state. It is now home to about 250,000 Palestinians and some 300,000

master plan to increase the population of Jerusalem, both Israeli and Arab, from its current Palestinians continue to insist 800,000 to a million in the next on a complete freeze on Israeli 20 years. He added that he had development across the pre-1967 not been asked to freeze any border before they will agree to plans for Jewish housing in East indirect "proximity" talks Jerusalem and would refuse to do negotiated by the United States.

> All information in this article was sourced from The Washington Post and Time Magazine.

### Former Panama dictator extradited to France

Global Editor

Manuel Noriega, the incarcerated former dictator of Panama, was extradited to France on April 26 to face charges of money

laundering. Noriega had originally been sentenced, in absentia, to 10 years in prison for laundering \$3 million obtained by drug trafficking through said. the purchasing of apartments in Paris. Noriega was in the United States at the time, serving almost 20 years after being convicted of drug

As part of an extradition agreement between the United States and France, Noriega was to

Noriega, who is in his 70s and wanted to return to Panama after his 17-year sentence was complete in 2007, had filed legal suits to avoid extradition to France. The Supreme Court denied his final appeal in February. Noriega's lawyers have announced that he

will challenge the legal jurisdiction of the French judiciary to try him, by arguing that the statute of limitations in France has expired as well as that Noriega, as a former head of state, has legal immunity. Another argument that Noriega's lawyers

have made is that they will raise is Noriega's status as a prisoner of war. In 1992, a judge in Miami ruled that Noriega was a prisoner of war, allowing him certain privileges in prison, including the right to wear his military

Yves Leberquier, one of Noriega's lawyers in France, told the Associated Press that the

French judiciary has to release Noriega.

"We're not here to eventually make a moral judgment, we've got legal rules that have to be applied and respected. For justice to be served, the judiciary must acknowledge it is incompetent to put him on trial," Leberquier

Noriega's attorney in Miami, Frank Rubino, expressed disappointment that he had not been notified about Noriega's extradition and found out about it through the media.

"Usually the government... does things in a more professional manner and respects common courtesy and we're shocked that they didn't," Rubino said. He added, "I'm surprised that they didn't put

a black hood over his head and drag him out in the middle of the night." Noriega's trial is expected to take place

within two months.

He became the ruler of Panama in 1983 with U.S. support until 1987. The next year Noriega was charged with drug trafficking in the United States. In 1990, he surrendered to U.S. forces after an invasion overthrew his government. Noriega was convicted and sentenced to 40 years in prison in 1992. His sentence was later reduced to 17 years for good behavior.

The information and quotes in this article were sourced from the BBC News website.

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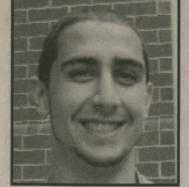


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Photos and article by Kelly Mundle and Adrienne Price



"For Mother's Day, I'm going to get my mom a candle because I know how much she loves the fresh scents of Yankee Candles.'

-Jeff Semelka, freshman



"A box of chocolates because my mom loves chocolate.'

-Kendal Aroom, freshman



Well, I'm definitely going to call her and I haven't figured anything else out



"Well, since I'm not going home, I was going to get her a card and send that to her and then I was probably going to send her flowers...that say 'Happy Mother's Day!"'

-Megan Pace, freshman

### The Flyer

Salisbury University's Student Voice Phone: 410-543-6191 Fax: 410-677-5359 flyer@,salisbury.edu Salisbury University Salisbury, MD 21801 Vanessa Junkin Editor in Chief

> Chelsea Maher Adrienne Price Graphic Design

Jenna Burley Leah Cox Layout

News Editor Laura Dignan flyernews@salisbury.edu

Life & Style Eric Buratty

Global/ Jeremy Riffle Editorial Editor

Sports Editor Tom Watson

flyersports@salisbury.edu Advertising Mike Brusoe flyerads@salisbury.edu suflyerads@gmail.com

Photography Adrienne Price Editor flyerphotos@salisbury.edu

Copy Editor Kelly Mundle

Photographers Dan Anderson

Erin Corcoran Leslie Davis Patrick Hackley Kelly Robinson Jules Waxman

Staff Writers Eric Arndt James Asuquo-Brown III Therran Dennis Patrick Drengwitz Diana Dwyer Sarah Duffy Hayley Efland Theresa Fichter Robert Forrester Fred Hobbs Alexis Howard Amanda Johnson Brian Joiner Mitchell Jones Amanda Kimmish Sophie Linshitz Brian Lomax Josh Madsen Morgan Majchrzak Jacqueline Miller Michael Piorunski Travis Ross Rachael Stone Kathryn Tyler Mandi Waldron Brian Willhide

Advertising Kristen Etzel

Ryan White

## Homeless people are people, too

Hugo Tale-Yax's fatal treatment after trying to help someone shows others' nasty attitude

By Mitchell Jones Staff Writer

Contrary to public opinion, not all homeless people are Oscar the Grouch. Often pegged as degenerate street beggars who use donations for liquor, the many Americans who call the streets home are, for the most part, written off as expendable. But as one homeless immigrant proved this week, sometimes the ones without residence are the ones with the

In a city where outbreaks of violence are daily occurrences, New York City residents rarely expect protection from the danger that lurks around every corner. But last week, one NYC woman learned that sometimes, heroism comes

from the most unlikely place. Stepping in to save the woman from her abusive boyfriend, homeless immigrant Hugo Tale-Yax courageously intervened in a fight that was anything but his own. While such displays of heroism are typically rewarded with handshakes and medals of valor, Tale-Yax was treated to multiple stabbings and a quiet death on a Queens sidewalk. As onlookers turned their heads, and passersby simply overstepped the collapsed

the American hierarchy. The tragic death of Tale-Yax says less about the man's bravery and more about the way America

well and pump mud into it to clog the

leak. However, it would take months

The disaster comes on the heels of

President Barack Obama's announce-

ment that he will attempt to change

the United States' policies on off-

shore drilling for oil. After some

thirty years of the federal govern-

ment banning any new off-shore

drilling, Obama decided to end this

ban in some areas, including the Gulf

of Mexico. As a result of the current

disaster, Obama has halted any new

projects until stronger regulations are

This country needs to undertake a

change in how it produces its energy.

driving need for fossil fuels could re-

sult in disaster, not just for those men

As this disaster demonstrates, our

who work on rigs or in coal mines,

but also for the broader environment.

Add to such apprehensions the con-

cern about the contribution of fossil

fuels to climate change, and there is

important to remember that such an

endeavor would only continue our re-

to drill the shafts...

body, Tale-Yax died slowly, and

alone—a manner of death per-

haps best suited to his stature in

Crystal Meth tweakers and stray dogs tend to receive more hospitality than homeless people.

going to get her but I know I'll be

-Kelsey Schmidt, freshman

calling her."

The stereotype of homeless men and women as jobless junkies is outdated to a point of dangerous inaccuracy. Especially in postrecession America, where unemployment rates are through the roof, and foreclosures happen with more frequency than the simple act of passing gas, the absence of income and shelter hardly signifies the lack of moral fiber. Despite the mentality that

upper-class Americans prescribe to, Americans don't live in a bleak Charles Dickens novel—the streets are no longer dominated by scallywags and evildoers with eye treats its unwanted. Stereotyped as patches. Instead, modern day

homeless persons are defined by vagabonds of the worst sort, even misfortune and optimism. In the face of complete loss, individuals like Tale-Yax are still willing to stand up and fight for the same society those forces them off park benches, kicks down their box shelters, and denies them even the faintest hint of respect.

> Individuals like Tale-Yax embody the American spirit, and deserve better than to die on a sidewalk where nobody bothers to help. Perhaps society has grown too large to bother with the small things. Or perhaps modern life moves too fast to slow down and bother with a lowly homeless immigrant. The people that reside on American streets are good people and it's time America stopped moving long enough to notice.

### Oil spill demonstrates burning need for change

United States should not rely on fossil fuels so much

By Jeremy Riffle

The aftermath of the April 20 exan oil rig, has spread much farther by the blast. It is likely to become one of the worst oil disasters in

the Gulf of Mexico each day. The location of the oil spill adds another concern: that the oil will accelerate its expansion, sending it toward the coasts of Florida and

sunken rig from spewing oil into the gulf has failed. Six attempts have ter valves on the sunken rig, which would close off the leak; each attempt failed. Now, BP is attempting build a structure to capture the leak and pump the oil into a storage ship. an oil leak as deep as the Deepwater

~SUDOKU~

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### Editorial Editor

plosion on the Deepwater Horizon, than the 11 workers who were killed American history, with an estimated 200,000 gallons of oil pouring into

enter the Gulf Stream, which would maybe even into the Atlantic Ocean. So far, every measure to stop the

been made to use remotely-operated vehicles to close the blowout preventwo different measures. The first is to even more of a pressing need to re-This has never been accomplished on Horizon's, and it would take days to

### vamp our energy production. In the pursuit of energy independence, it is tempting to urge an expansion of drilling offshore, but it is

The other possible way to stop the liance on the dangerous and wasteful spill is to drill shafts into the original energy of fossil fuels.

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ak09722@students. salisbury.edu

Recently I have been falling behind on my school work. I cannot seem to concentrate on doing my homework and studying for exams. I know the end of the semester is coming up quickly, but I cannot seem to get with the program. I really want to do well this semester and have been doing well until now. How can I kick this spring fever and continue my success in school?

Although the ending of the school year might bring about summer thoughts, you need to focus on your studies. While the beach is close and the warm weather has arrived, your schoolwork must be the first priority. This is where time allotment is key. Use a calendar or planner to decide which time will go to studying and which will go to other things. Balancing your time in a more effective way will make you less stressed out and will leave you more able to enjoy the fun that comes along with the end of the school

I get really self-conscious around large groups of people and sometimes even my friends. I don't know how to act when there are so many people around, especially people I don't know. I really want everyone to like me, and I hate when people judge me. How can I relax and just be myself and not worry about what other people think?

Do not feel like you are the only one worrying about what others thinks of you. Everyone feels a little self-conscious about themselves once in a while. You don't need to pretend to be anyone else — don't be afraid to show your individuality and stand out. Be noticed by being unique and being yourself. Then, everyone will see what you have to bring to the table. If these people are your real friends, they will accept you for who you are. It's also unlikely that they are all judging you. They probably have many other things on their minds and picking things out about someone else is probably not at the top of their lists of things to do.

## Hamas hurts peace efforts with online cartoon

By Sophia Linshitz Staff Writer

The latest action by Hamas, the Palestinian organization that governs the Gaza Strip, further demonstrates its lack of commitment to peace. The armed wing of the organization posted on its web site a despicable cartoon. It brings a message to Israel that if Hamas' demands are not met, Gilad Shalit, the Israeli soldier captured more than three years ago at the age of

19, will come home in a coffin. Israeli government spokesman Mark Regev said the film demonstrated Hamas' "terrorist and cruel

I completely agree with his state- even acknowledge Israel's exis-

and cruel, it is detrimental to the peace efforts. The cartoon merely aggravates Israel, creating more hatred and continues to bluntly expose the organization's motives. Just a day after the cartoon was released; the IDF killed a senior Hamas militant in a gun battle. He was involved in several anti-Israel

Hamas, which openly calls for the destruction of Israel, asks for about 1000 Palestinian prisoners in return for Shalit. Many of the prisoners are there due to terrorism charges. The demands are unlikely to be met and dialogue is extremely difficult because Hamas does not

ment. Not only is this unnecessary tence.

There is a lot that can be done, however. The population of Gaza is in a dire situation: unemployment has reached 60 percent and poverty rates are constantly increasing. The Egyptian and Israeli blockade on Gaza that began in 2007 has been very damaging to the area's economy. The blockade was started due to security instability brought by Hamas' elections and was supported by the United States and other nations.

Hamas should be doing everything in their power to lift the blockade and to improve relations with Israel and Egypt, but instead the group promotes aggression and inflicts pain on the Palestinians.

For the first time, Hamas has come under open criticism in the Gaza Strip. Palestinians have been complaining of the tax policy regime launched in April. Allegedly, Hamas officers have been raiding stores, seizing property and demanding thousands of dollars in back taxes and fees. In an April 27 statement, the Popular Front for the Liberation of Palestine actually called on Hamas to halt its tax policy and stop the intimidation of

As long as Hamas continues on this course, there will never be peace. This organization has no place in the Middle East; it only brings suffering to both Israelis

### Letter to the Editor

### Re: Racial profiling shouldn't be the solution to illegal immigration

To claim that racial profiling is the intended method of operation being put into practice under SB 1070, the new Arizona law concerning illegal immigrants, is simply a drastic misrepresentation of the law as it stands. The law mandates that an officer must have probable cause to request proof of citizenship, meaning that an individual must be engaged in or under the suspicion of engaging in an illegal act. As it is written, this is more restricting on officers than our current laws regarding drunk driving checkpoints, which no one seems

to be up in arms about for unwar-

ranted questioning. Arizona is simply doing what the federal government has failed to do: protect its citizens. Under Article IV, Section 4 of the U.S. Constitution, "The United States shall guarantee to every State in this Union a Republican Form of Government, and shall protect each of them against Invasion." In recent years, Phoenix has become second only to Mexico City in kidnapping rates, it's unconscionable to think that in an American city, our citizens are under constant threat from

the Mexican drug cartels.

the world come into this country illegally but that does not mean we should ignore the largest crack in the immigration system. This is not to say that immigration should be suspended or anything similar to that, but illegal immigration must be stopped; from the moment illegal immigrants cross into this country they are felons.

It cannot be argued that the kidnapping rates in Phoenix are not connected to the extreme levels of illegal immigration via the Mexico-Arizona border and the power of the Mexican drug cartels that out-It is true that people from all over number, out-man and out-finance

our local authorities and the border

America does have an amazing history as a country built on the hard work and sweat of immigrants who came to this country to pursue the "American Dream" and it is only because of these people that this country has become the great nation that it is. We must remember that those individuals came here legally and then abided by the laws we had founded to maintain a proper and safe society.



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## LIFE & STYLE May 4, 2010

## Multicultural groups celebrate diverse roots

By Diana Dwyer Staff Writer

Diaz, president of OLAS, the A diverse array of student group split into two and pracorganizations came together to ticed a few weeks before the perform to an explosive audience last Tuesday for the third annual Multicultural Showcase,

Squawkapella followed with a capella renditions of Journey's themed "We Are the World." "Don't Stop Believing" and Vice President of Diversity Breanna Núñez and Pocomoke "This is Why I Squawk." Haidong Gumdo performed Resident Director Anthony a sword demonstration and skit

Sierra hosted the show. "The purpose is to showcase featuring Korean martial art moves. Students Dan Harringdifferent cultures and backton and Jimmy Gallo played grounds we have represented on campus," said Núñez, who the central roles in the skit, which started off with slow coordinated the event this year and last year. "We're all about movements.

diversity here at SU." "At first [the audience was] "I always get really excited bored and that was the plan," Harrington said. "It can look when I feel people are getting into it," Núñez said, referring boring to the young, untrained to the audience's volume and person. But they got all excited enthusiasm. "You feel like your when the Mortal Kombat hard work has paid off." music came on. They were

The SU Step Squad kicked Harrington said in the two off the night. During the performance, co-captain Billie Mcmonths it took to prepare, he Cain explained to the audience injured both knees and ankles that the team represented many and broke his toe. countries, from Nigeria to Nor-"We wanted to show people

way. Team members turned there's more to Haidong Gumdo than dancing with a sword," Gallo added. The SU Poms Dance Team,

and Untouchables Dance, Inc.

some steps of their own by

Merengue. According to Maria

dancing Bachata and

around to show off their family's heritage, each with country on the back of their shirt. Organization of Latin Amer-African Student Association,

ican Students also showed off

The SU Poms Dance Team performs a contemporary African dance at the "We are the World" Multicultural Showcase on April 27. The evening provided a chance for students to represent and celebrate their diverse heritage.

each showed off their traditional and contemporary African dance moves in separate sets while the Caribbean

Student Association performed a reggae dance number. Two students in traditional

African outfits narrated a "worldwide fashion" show in place of an intermission. Nehemie Fils-Aime rounded up audience members to see who name the loudest and awarded the stage while other performa gift card to the winner and ers rhythmically stepped berunner up. tween the stalks.

John Tully and Chelsea Hall "The [Asian and Pacific Ishonored their Irish heritages by landers Club] performance was singing an Irish folk song with my favorite because it was Tully on guitar during their "I something I've never seen be-Am The Doorway" duet. fore," said junior Chelanté The Asian and Pacific Is-Mitchell. "It was something diflanders Club ended the show

ferent and very creative." with a Filipino Tinkling Bam-Ethnic finger foods followed boo folk dance. They beat and the showcase in the social tapped long bamboo stalks on

audience members alike buzzed in cultural discussion. According to Núñez, it is important to realize that diversity goes beyond color or race.

'Diversity is everyone,' Núñez said. "It's not only about color or about race, but your religion, ethnic background, sexual preference, and

## Junior Achievement paddles toward financial literacy

By Katie Tyler Staff Writer

Kentucky on May 1, a Kentucky Derby of a City has with theirs," said Junior Achievedifferent kind was taking place a little closer to home. Junior Achievement of the Eastern that by bringing in a good crowd, we can Shore teamed up with Brew River to host the first-ever Kentucky Derby Paddle Boat Race, with proceeds benefiting the Junior

Festivities kicked off at noon on Saturday when community members were invited to enjoy drink and food specials at Brew River's amazing views for \$50. dock bar. Over 20 teams representing local restaurants and businesses took place in the boat race, which began promptly at 1 p.m. Each four-member team was responsible for raising at least \$100 in order to compete.

School of Business at Salisbury University.

"We chose to hold a paddle boat race after While the horses raced to the finish line in seeing what a great turnout BJ's in Ocean ment President Jayme Weeg. "We're hoping turn this into a yearly event."

> Other activities at the event included beer promotions by Magic Hat, a gambling booth, a Kentucky Derby hat competition and Millionaire's Row, a private VIP area that included drinks, hors d'oeuvres and

Junior Achievement is the world's largest organization dedicated to inspiring and preparing young people to succeed in a global economy and reaches 9.7 million students per year. More than 5,000 students on dents to get involved with the program. The race winner was MB-USA; a team made the Eastern Shore receive the benefits of the

of workers who are helping build the Perdue Junior Achievement program and 10,000 are ticipate," she said. "The hours spent volunon the waiting list.

> "Our program is designed for students in grades K-12 and really focuses on financial literacy, work readiness and entrepreneurship," Weeg said.

Because Junior Achievement is based solely on volunteers and has more than 10,000 children waiting to receive the benefits, finding volunteers is crucial to its suc-

"Volunteers are really the backbone of our organization," Weeg said. "They bring reallife experience into the teaching programs." Weeg says that, currently, Junior Achievement of the Eastern Shore usually gets between 10-20 SU student volunteers per year and she both welcomes and encourages stu-

"JA absolutely welcomes students to par-

teering by teaching majors can be used towards their observation hours, and can be put towards volunteer hours for sororities and fraternities.

Commitment levels vary depending on grade level choice, and can be anywhere from a single school day to a weekly onehour visit, making it easy for even the busiest students to squeeze in a little time to

"We are teaching these children important things that will get them ready for the real world," Weeg said. "Any time spent volunteering will make a difference.'

For more information regarding the Junior Achievement of the Eastern Shore program visit www.ja.org, call 410-742-8112, or e-mail them at juniorachievement@comcast.net.

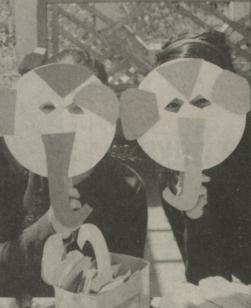
## From the Photo Bank: What's Happening On Campus



At the end of his routine as part of a SOAP comedy event on April 28, comedian KT Tatara took time to



English faculty member Ivan Young reads a piece about homophobia at the second annual Wordstock on April 29.



Patrick Hackley photo





Students competed in a kickball tournament at the intramural fields on May 2, with \$5 entry fees benefiting the Salisbury Life Crisis Center.



### MAY 4, 2010 THE FLYER

### Md. college students will have easier time finding summer jobs

By Josh Madsen Staff Writer

What separates this summer from previous summers is an increased national unemployment rate 10.2 percent, up from 9.7 percent in March. This often leaves SU students wondering whether they will have a job this

"I'm always worrying about finding work during the summer, and now that the economy's the way it is, I'm afraid I'll be having even more trouble," freshman Mike Tartaglionis. Students become reminded of the need to find a summer job once the

semester winds down. According to Endicott, his col-

leagues from the National Association of Colleges and Employers organization said that colleges in other states are having far more trouble finding summer employment for students compared to Maryland universities like SU. NACE is the nation's leading source for college educated employ-

"We're getting quite a few summer job alerts. There's hundreds of jobs being offered on our website," said Charlie Endicott, associate director of SU's Career Services. "I don't think I

ties in other states." Maryland's unemployment rate is nearly 3 percent lower than the national level.

"I feel the jobs are still out there; it's just going to be a lot harder to get them," said Gloria Horner, work experience coordinator at SU's career

there's going to be because of an increase in competition." Horner also stressed the importance can say the same about other universiof professionalism in making SU students stand out against their competi-

> "Even if it's just a summer job, it's important to let the employers know you are serious about your work," Horner said. "Coming to a job with a professional résumé, being willing to give a brief speech about yourself to

be more proactive and persistent;

the employer, and attention to detail is services office. "Students just need to important for separating yourself from competitors."

Another option students are considering is summer internships related to their field. Endicott and Horner are finding internships to be great ways of gaining experience and ensuring that

students have a job down the road. "60 percent of students who do an internship are asked by that job to come and work for them," Horner said. "They are starting to become a training program for companies."

### Dance Company thrills audience with MJ tribute, other performances

By Eric Arndt

Members of the SU Dance Company took the audience at their annual spring dance recital back to the 1980s with a Michael Jackson tribute in addition to other pieces. The Company put a lot of effort

into the dances they performed April 21 through 24 in Holloway Hall. "Everyone practiced together on Mondays and Wednesdays for about two hours, and depending on what dances the dancers were in, we would have practice on different days for about an hour-and-a-half for each dance," said Jordan Mitchell, SU Dance Company treasurer. The hardest part was probably having to deal

with the unexpected snow."

By Michael Piorunski

Now that spring has arrived, the availability and variety

of seasonal local and organic produce accretes with each

passing week. I look forward to the farmer's markets on

Tuesdays and Saturdays to browse the week's harvest, and

to purchase locally grown vegetables. This weekly reunion

of producer and consumer blossoms conversations about

new and favorite preparations, and provides an opportu-

nity learn more than you wanted to know about that

bunch of carrots or radishes - both of which are now

This past week my purchase included organic spring

onions and leeks, as well as creamiest yogurt from Nice

Denton, Nice Farms Creamery produces whole milk and

yogurt - the cows are pastured, grass-fed and free of hor-

mones. The yogurt is some of the best I've had in recent

worth the cost – at less than four dollars a quart, the flavor

Local and spring-inspired, black bean salad makes for a

1 large carrot or 2 medium carrots, sliced on bias (about a

- 3 ounces feta cheese, crumbled, or queso fresco

1 teaspoon El Yucateco hot sauce (habañero sauce),

4 cup, plus one thsp rice wine or cider vinegar

/4 cup mango juice (orange juice is fine too)

/2 teaspoon Mexican oregano (or epizote)

memory - rich, creamy and even a little sweet. It's well

cups black beans, cooked and cooled

1 cup frozen organic sweet corn, thawed

1/4 cup spring onion greens, finely chopped

organic spring onion, sliced

1/4 cup, plus two tbsp olive oil

more or less depending on taste l teaspoon ground cumin, divided

/4 cup Nice Farms Creamery yogurt

Farms Creamery. Located in Federalsburg, Md., near

Staff Writer

Ingredients:

cup and a half)

avocado, diced

Juice of half a lime

tablespoon honey

½ teaspoon paprika

Salt to taste

At 8 p.m., dancers began entertaining the audience with dances in a Michael Jackson tribute choreographed by Staci Alexander.

Each MJ song transition corresponded to a variation in performance. When the inevitable Thriller song was played, dancers performed some of the very same moves once choreographed by Michael Peters for Michael Jackson's 1983 production. The ambience of the Thriller performance was enhanced with zombie

After the dances to Michael Jackson melodies, a plethora of choreographers came together using a wide range of music for other songs to showcase the SU Dance Company. Program highlights included percussive tap by guest choreographer

What's Cooking?

Southwest black bean salad

Method:

Debby Robertson, an upbeat jazz piece choreographed by SU faculty Jessica Hindman-Wheatley, and a fosse-style jazz finale choreographed by Lynne Mariani.

The evening's program was sponsored by the Office of the Provost and directed by Mary Norton. About 20 dancers make up the Company; among them are graduating seniors Patricia May, Kaitlin Meimbresse, Jocelyn Rouse and Jordan

Mitchell. Mitchell said this spring concert performance was a great finale to the time they spent at SU.

perfect side dish - or served with rice or quinoa could be a

vegetarian main course. I highly recommend starting with

dry black beans - as they have the most flavor - and soak

them overnight. I thinly sliced carrots on a bias - or an

angle – and grilled them along with a young spring onion

The dressing in the second part of the recipe can also

Preheat a cast iron skillet over medium heat for about 10

Meanwhile, place sliced carrots, corn and onion in a mix-

ing bowl and toss with a tablespoon each of olive oil and

cider vinegar, paprika, a half teaspoon of cumin and a

pinch of salt. Add the carrot and onion to the skillet and

cook for about five or six minutes, or until the carrots are

tender. Add some of the olive oil and vinegar to the skillet

while the vegetables are cooking. (It may be necessary to

cook the vegetables in two batches, depending on the size

of the skillet). When tender, remove vegetables from the

Allow the vegetables to cool for a few minutes, and then add the black beans, avocado and feta - gently combine.

To make the dressing, combine the remaining vinegar and olive oil in a small blender, along with the yogurt, mango

and lime juices, honey and spices and blend for 30 seconds

Pour the dressing over the black bean and vegetable mix-

ture, add the spring onion greens and gently combine. Serve over rice or quinoa – it's also good with tortillas.

heat and place them back into the mixing bowl.

minutes – they take a while to heat.

to a minute – add salt to taste.

on a cast iron griddle. Cast iron gives the vegetables a

char, and helps to add a rich smoky element.

dub as a marinade for fish or chicken.

"My overall experience [with the SU Dance Company] has been amazing — I wouldn't trade it for the world,"

Michael Piorunski photo

### Alpha Phi Omega and Social Work Club join forces for park cleanup

working to clean up Pemberton Park in Salisbury.

Alpha Phi Omega members gather together for a group photo after

By James Asuquo-Brown III

A project that students created for class became a reality on May 2 when service fraternity Alpha Phi Omega and the Social Work Club came togheter to clean up Pemberton Park

n Salisbury Misha Thomas, a senior social vork/sociology dual major at SU and UMES and president of the Social Work Club, proposed the event and thought APO would be the right group to work with on the project, which involved picking up debris and trash spanning the different trails in

For APO, the event is part of the organization's push for students to be nore active in the surrounding comnunity of Salisbury.

APO rechartered at SU in fall 2008 and has worked with Kids of Honor, he Ward Museum of Wildfowl Art, The United States Junior Chamber,

and others. "I feel that is important that most people take time to do service because it gives them a chance to connect more with the community and a chance to help others who may be less fortunate than themselves," said Ellen Williams, a senior clinical laboratory science/medical technology najor at SU and historian of APO.

During the rest of the semester,

APO will participate in packing goods for Haiti and May Day with

the Ward Museum of Wildfowl Art. Fellowship vice president Randall Santiago said the organization is a great venue for service-minded people to join each other outside the social Greek system.

Photo submitted by James Asuquo-Brown III

"APO is a small community of students who understand the importance of community service as being an integral part of one's character as well as a personal obligation to ones community. Through our work, we aim to improve the reputation of Sal isbury students with our work within the community as well as hoping to

The park was chosen as a prime location since it is one of the city's main parks and because it would

benefit the most from the initiative. Outside of this co-hosted event APO has undertaken other park clean-ups in the city at Schumaker

and Ben's Red Swings. "Community is extremely important becuase we take so much from the community and I feel like its our duty to give back. Having people recognize what were doing really motivates me to continue on and keep doing what I'm doing," said Sara

Stokes, APO service vice president-

### Campus improv troupe uses audience's help for skits

By Eric Arndt Staff Writer

was different.

29 to May 1.

Bound & Gagged Improvisa-

ional Comedy Troupe's per-

formances was determined by

the audience's reactions on the

The 10 members of the im-

uating seniors, took about a year

Wyatt Unger hosted the per-

ormance and explained what

kind of work he and the other

nine members of the group put

He said it takes about a year of

rehearsals to improve "on the

spot skills" and choose games.

learn what makes the games

perform them," Unger said.

tinue doing improv after he

performances.

new set of improv.

graduates. As the host of the

never a dull moment during the

In a performance that had stu-

asked audience members to sim-

ply shout out a noun to start out

Some of these words included

dents heavily involved, Unger

o practice for their show.

into a show of this nature.

From the Public Relations Office

SU Students In Top 100 of Global Business Simulation

Three virtual digital camera companies run by students from Salisbury University's Franklin P. Perdue School of Business have been ranked among the Top 100 in the world in an international competition.

More than 1,200 companies, managed by teams from 250 colleges and universities, are involved in the Global Business Simulation. SU seniors are participating as part of a business strategy capstone course taught by Mr. Richard Jacobs and Dr. Richard Hoffman of the Manage-

ment and Marketing Department. The company Brew Crew, operated by Jeremy Smith of Mardela Springs, Md., and William Bonner of Westminster, Md., tied for first place on the overall score and earned top recognition four weeks in a row for individual scores, such as return on

Another SU company, EEZ Pics, was ranked 40th worldwide on its average return on equity. It is run by Ryan Dailey of Pasadena, Md., Pat Hayden of Columbia, Md., Zach Knight of Severna Park, Md. and Samantha Rhine of Crofton, Md. From April 5-10, Lindsay Paxton of Clinton, Md., Kyle Smith of Salis-

bury, Bradley Lewis of Bel Air, Md.,

and Julie Lambdin of Sykesville, Md.,

had a score of 108.5, finishing in the

top 100 overall score based on meet-

ing shareholder expectations and performance relative to their class competition. Their company, Hot Shots, placed 94th overall.

"Glo-Bus illustrates the importance of having a business strategy that allows you to obtain a competitive advantage in the market," Berard said. "If you don't have a good strategy, you can't do well."

"What makes this accomplishment particularly impressive is that many of the teams our undergraduates compete against are graduate students from highly ranked universities. Our students leave the Perdue School prepared to live and work in a global economy," said Dr. Frank Shipper, department chair.

Conflict resolution expert Vohm spoke to students

"How do you talk about peace when the person who caused you harm is sitting right next to you in the same classroom?" asked Mainlehwon Ebenezer Vonhm.

The founder of Liberia's Center for Peace Education, Vonhm said that is the most challenging question he faces every day, as former child solders sit in the same classroom as people their armies once harmed and displaced during the nation's 40-year civil war. Fortunately, all have the same goal: to learn the principles of acceptance, love and non-violence on the road to healing following the

Vonhm, himself a survivor of the

war, recently spoke to students at Salisbury University at the invitation of Dr. Thomas Boudreau, chair of the Conflict Analysis and Dispute Resolution Department. During his visit, he discussed means of transitioning and peace during conflict-something he learned much about firsthand during his youth.

"I decided to teach peace so Liberians today and the world as a whole will not have to go through the violence I experienced," he said.

At the Center for Peace Education, Vonhm and others use expression through the arts-drawings, poetry and music in particular-to help former soldiers and victims channel their anger into more peaceful outcomes. The center opened in 2009, providing a new resource for many Liberians struggling to move on from the war.

Vohnm's visit to SU coincided with a tour of the United States, during which he visited other areas including Florida, Wisconsin and Washington, D.C., to help raise awareness of and funds for the center. He encouraged students at SU who may consider internships and study abroad opportunities at the center to learn more at its Web site, www.peaceedu.org.

For more information call 410-543-6030 or visit the SU Web site at www.salisbury.edu.

chinchilla, pterodactyl, tractor, cheese curls, teardrop and enve-

The audience members didn't The audience also suggested know what to expect at Bound roles for Unger, including a meand Gagged's performances last dieval knight dragon slayer and a weekend, because every night

lumberjack fighting a beaver. Veteran members of the group The topic of each night of the also showcased their talent in an array of strange roles. Senior member Scott Bunting,

a veteran of improvisation, showed his skills acting as a guy nights of their shows, from April still living with his mother. Bunting and the other seniors

were also heavily involved in prov team, six of which are grad-Unger described what it is like to play so many different roles.

"It is much like a sport because it is a dynamic skill, if you play baseball the results of who you are as a player or a hitter might vary game to game, depending on the team, the day, the pitcher - you might see different results

out of different people," he said.

"We practice the games, lay out Media production major and rules, and through practice we senior Scott Dotterweich said he was enthused by the audience's funny and who is best suited to participation and generous reac-Unger is a senior physical edu-"Each night is a different percation major who hopes to conformance," he explained. "We

base a lot of what we do on the audience and their reaction, so show, Unger made sure there was all three performances are differ-The group meets in Fulton Hall

Room 203 on Wednesdays from 4:30 to 6:30 p.m. and Fridays from 4 to 6 p.m. "You'll hear us in there; we get

loud and have a lot of fun," said improv team member Carly Ball.



sing an entertaining song for two girls from the audience.

Students show off masks at the Multicultural Festival on April 28.



Kat, a student, draws a picture in chalk on Red Square on April 28 at the 4th annual Chalk it Up, hosted by the SU Counseling Center.

### Gloria Horner: Well-versed in résumé writing

By Erin Traylor Staff Writer

Every week, Gloria Horner, a work experience coordinator and career consultant with SU's career services, students acquire the competitive edge

needed to land jobs and internships. Horner does that by coaching students on how to write impressive résumés. Horner, a work experience coordinator and career consultant, began her job at SU in 1997 after working as a computer operator, 911 dispatcher, and substitute teacher (or as she calls it, "Guerilla Warfare Babysitter").

By Vanessa Junkin

Downtown Salisbury was once the

Sara Sutton, 22, of Quantico, goes

Downtown on a regular basis because

that's where her job at Big Brothers

Salisbury-area residents spend very lit-

Quantico resident Matt Heim, 26,

who came to the Salisbury Festival

with Sutton, also said he goes Down-

town often. Both said that the empti-

ness of Downtown on a regular day

"One of the things I've noticed

about Downtown that I'm really dis-

Route 13 seems to be the more

popular avenue for retail and restau-

"When you go down 13, it looks

like Every City, U.S.A. But Down-

town gives us a little bit of culture and

Heim has spent his whole life in Sal-

are old enough to remember the pop-

isbury, but neither Heim nor Sutton

ular Downtown area that once ex-

Salisbury residents Alan and Mary

Johnson, both 63, have lived in Salis-

bury on-and-off for about 60 years

was between the 1950s and 1970s.

and said a prime time for Downtown

Alan Johnson said the old mall was a

character, and ... it'd be nice to em-

brace that and see that kind of de-

velop," Heim said.

Big Sisters is located. However, some she said.

s that are empty,

place for everything. Now, it's the

place for virtually nothing.

Editor in Chief

tle time there.

is "depressing."

Sutton said.

from Salisbury University in 1995 with a Master's in history. She complemented her major with related classes like geography, anthropology, and psychology.

said. In particular, she said she enjoys researching English history up until the end of the first Queen Elizabeth's

ments her coaching role, as students often need to be asked probing questions in order to liven up a "mundane résumé."

"I'll start asking questions and sud-



main reason the Downtown started

Sixty-five year old Jill Barbon has

"As a kid, we used to come down

Downtown ... there were all kinds of

stores, it was bustling, it was busy,"

Though Barbon mentioned that

Third Friday is helping the Down-

they'll bring [the Downtown] back. I

don't think it'll ever be a retail hub."

Mary Johnson raved about Third

they only come to Downtown Salis-

bury when there are special events,

but they mentioned Downtown

son being the antiques.

be drugstores Downtown.

Johnson said.

greens, within a block you could hit

wouldn't come Downtown," Alan

Downtown, and mentioned the idea

of bringing that back to the Down-

Earl Dize, 71, a native of Crisfield

who has lived in Salisbury since age

20, mentioned how in the past, peo-

ple could do their Christmas shop-

town area, she said, "I don't think

lived in Salisbury for about 53 years,

here on Friday nights and walk

its downturn.

and recalls those days.

Gloria Horner, work experience coordinator and career consultant, looks up from the Career Services website in her office.

The Eastern Shore native graduated denly realize that they're going to be an honors graduate or they've done all these interesting or unusual things. They seem to be almost blind to themselves," Horner said. Salisbury senior and biology major,

"I love to do research," Horner

Her knack for research comple-

that enjoys traveling, going to concerts and spoiling her granddaughter. In her office, among quotable greeting cards and pictures of Steve Tyler (lead singer of rock band Aerosmith), Horner reflects on her work. I feel like I get to sit down with peoole and really spend time with them ... get to know the best things about them," Horner said.

Over the past two years, Horner has compiled 166 pages worth of résumé writing tips and tricks. She revealed something that people may not realize about their résumés.

Ryan Protzko, said that his meeting

with Horner helped bring some life

"She was definitely helpful,"

tasting science résumé."

Protzko said. "She did her best to in-

terject some life into my cardboard-

In addition to working in Career

Services, Horner is a mother of two

'No one reads résumés; they look at them. You make an assumption based on what you see within 10 to 20 seconds," Horner said.

With only 10 to 20 seconds to make an impression with a résumé, those who seek a job, internship or graduate school acceptance may want to consult with Horner.

Longtime residents reflect on former Downtown

"If they had a Roses uptown here, and a Five and Dime, and them old stores that I remember growing up, oh, I'd be right up here looking at

However, he noted that he and other Salisbury-area residents now get their shopping done at places like

"I remember when Downtown was all there was," said Mary Chandler, 62, who has lived in Salisbury for 40 years. "It was all the shopping. Grocery stores were down here, all of the clothing stores were down here, Sears was down here, Montgomery Ward's,

Friday. She and her husband Alan said Penney's, everything was down here." Now that those kinds of places are gone, some people don't see much reason for coming to Downtown Sal-

appointed about is that there's a lot of Berlin as a place they enjoy - one rea-One thing Alan Johnson noted was For example, Virginia Brennan of that Salisbury's Downtown area needs Salisbury, who brought her daughter to have things to offer that people and two of her daughter's friends to won't be able to find somewhere else. the Salisbury Festival on Saturday, said For example, he said there used to she only comes Downtown if she wants to go to the library, Kuhn's Jew-However, now, "If you go to Wal-

"The problem is, with Downtown, is the destination. You only come about half a dozen drugstores. You down here if there's a need to come down here. Otherwise, people don't He also said Salisbury used to have use Downtown. And that's unfortua Christmas parade that went through

nate." Brennan said. She suggested bringing in vendors that stay open later than 5 p.m., citing Tobacco Road in Richmond as an ex-

ample of a successful Downtown. "[Downtown Salisbury] used to be the place that everybody went to, and I think every small town needs a ping Downtown, hopping from store

KT Tatara took a moment to pose with students Erica Jalio and Jen Idzi after performing his comedy routine on April 28 in Holloway Hall.

## **SOAP** brings last laugh of the semester

Last to perform on Spring '10 schedule were Marianne Sierk, KT Tatara and Phil Korzeniwsky

By: Theresa Fichter

Marianne Sierk, KT Tatara and SU's own Philip Korzeniwsky took the stage for SOAP's final comedy event of the semester.

On April 28 in Holloway Hall, the three garnered laughs from the audi-"When booking comedians we try

to keep it diverse so everyone can relate and find the show funny; not everyone has the same taste in comedy," said SOAP Comedy Chair and senior Katie Ryan. Korzeniwsky went first on Wednes-

day, and as the winner of SU's Last Comic Standing, he also opened for-Chad Daniels in the fall. He used his experiences as a student iPod Touch.

to really relate to the audience, and included in his routine Sammy the Sea Gull, the Commons employee who althe performance on Wednesday. ways gives hugs, relationships and "I'll definitely be doing more in the

future," Korzeniwsky said. "I love hearing the laugh of the crowd!" Sierk has appeared on Comedy Cenral and as a commentator on VH1's T Love the 80's."

During her routine at SU, she channeled her upbeat, quirky attitude and went through topics like the gym, texting and digital camera photo shoots. Tatara is known for his "brutally honest but always funny" approach to

comedy, as his website, www.kttatara.com, states, and he has appeared on MTV and CBS's "How I Met Your Mother." As a half-Asian, half-Caucasian man,

Tatara made racial jokes, and also talked about men's and women's immaturity. He brought the audience into the action by asking their input on maturity and serenading two girls. He also handed out a photo without

a caption to audience members and said whoever creates the best caption and sends it to his website can win an

"I love going to the shows," said freshman Becca Mayo, who attended "They're a great way to relax and just have fun. I'm excited to see what SOAP has planned for next year."

Next semester's comedy events, however, remain a secret. "Students will have to wait and see. It's a surprise, but we have some great

things lined up," Ryan said.

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### **Unleash Your Fitness Potential** Look forward to working out every time this principle for setting low expecta-

By Eric Buratty Life & Style Editor

One of my goals as a trainer is to get others to actually look forward to and like working out. The problem is the majority of the American population – let alone college students and professors - either do not work out at all or are faced with the problem of poor work ethic when they actually do work out. Just getting yourself into the gym is often half the battle for some people. The following tips will help you become motivated to get yourself in the gym, and look forward to your workout every time.

Become fit year-round.

With summer coming up, you may find yourself in the same shoes as many others who want to look good in a bathing suit or have that "beach body." Avoid this situation in the future by developing new habits now. It takes 21 days to break or develop new habits. Why not use the next three weeks to your advantage? It does not have to be New Year's to make fitness resolutions. Get in the gym now, so you can turn those three weeks into three months and then three years or more.

Become an overachiever.

Whenever exercising, always set a minimum for yourself. That way, whenever you do more, you will feel like an overachiever. For example, if you are going to perform as many reps as possible for a particular exercise, set a minimum of 11 reps. Similarly, if you have two miles to run, set yourself a time limit.

If you are able to perform 12 or more reps or beat your running time, you will therefore be motivated to do better the next time you go the gym. A word of caution is to not mistake

like you are doing work!

One of the worst things you can do is to let yourself become intimidated by others who physically look better than you or who seem to be more experienced in the gym. Sometimes those people do not even perform exercises properly, or they are

just imitating others. You are better

off finding what works best for you,

and using that to your advantage in

Become competitive.

reaching your goals.

You can increase your workout productivity by striving to be better than those around you. If you see others around campus who physically look better than you or see someone in the gym who is stronger than you, use those people to fuel your motivation of wanting to look better than them in the future. If you work out with a friend, this makes competition that much more easy to apply.

Think psychologically You can further enhance your

workout quality by using psychology on yourself to do more work. For example, instead of using two 25pound plates on each side of a barbell, use five 5-pound plates on each side to make the weight appear lighter. Another example is to run three miles in 400 meter intervals for 12 total intervals instead of one long and boring, steady-state cardio workout. You can also find ways to reward yourself for meeting a certain fitness goal, which will boost self-esteem and thus motivation.

Conventional workouts can some-

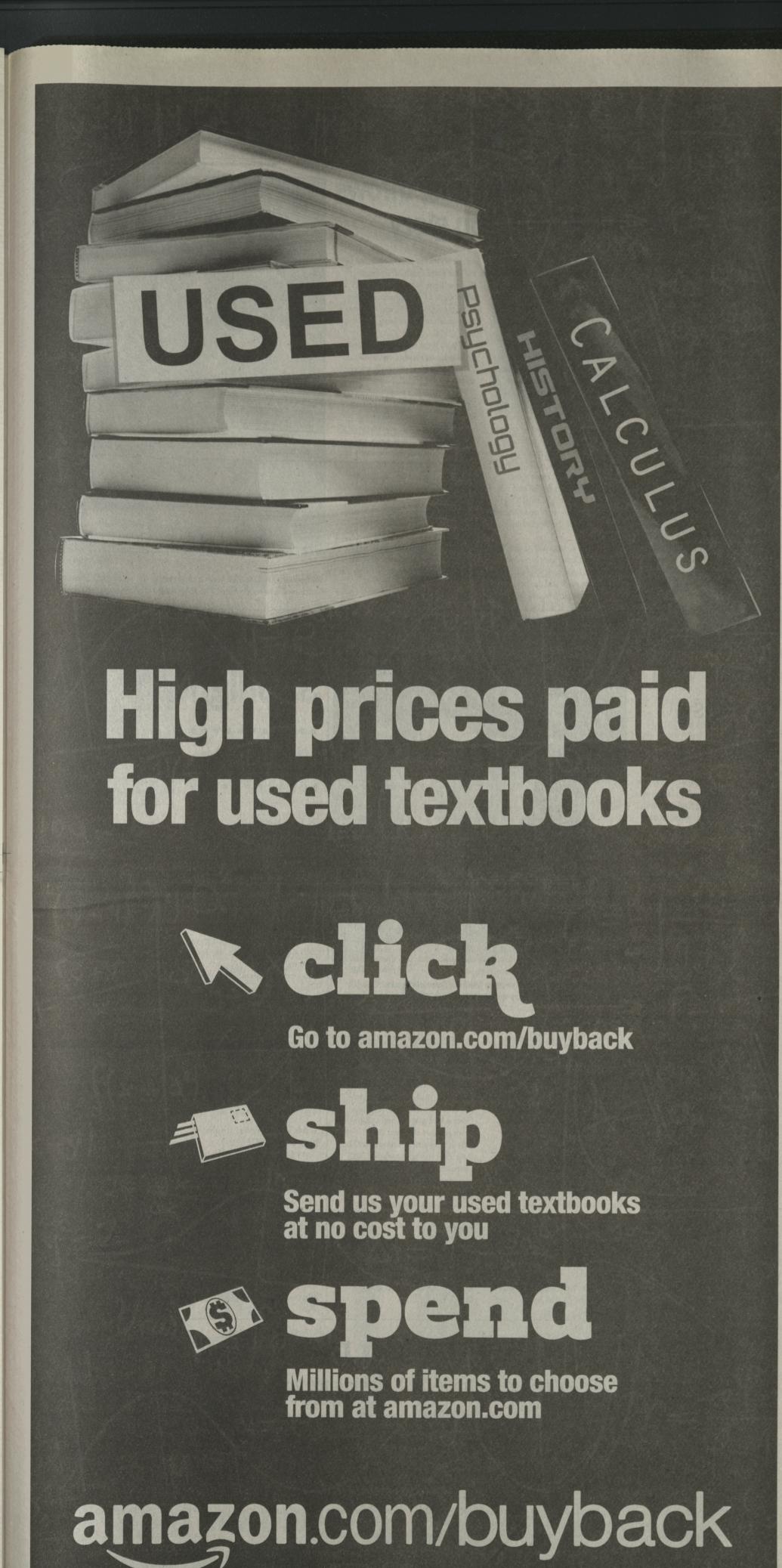
tions for yourself; you should still feel if you let your body adapt to the same routines. Try carrying weights for a certain distance. Do some sprints or intervals instead of steadystate cardio. Switch up the exercises you have been using for others. Apply different modalities interchangeably (cables, dumbbells, barbells, machines). Or go into the gym without a plan (as mentioned in last

> Become more nutritionally sound. Your motivation for having better workouts should involve quality food. It makes no sense to workout just to burn the "bad calories" or "junk food" you just ate. If you eat junk, you will produce junk. Put your nutrition to the test, and you will guarantee yourself a better workout as well as a better quality lifestyle.

> In sum, you can become motivated to actually go to the gym if you apply any and all of the above principles. Your motivation should come from wanting to be better than you previously were. On a daily basis, this involves feeling stronger and better than when you started your workout. On a monthly and yearly basis, this involves actual changes in physical appearance for the better. If all else fails, make a monetary bet with someone who doubts you will reach a certain fitness goal.

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@students.salisbury.edu. For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the The Flyer.





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## SPORTS

### Sea Gull Track and Field runs, throws and jumps to Mason-Dixon glory

Staff Writer

Two weeks after winning the Capital Athletic Conference championship, SU's track team continued their dominance Saturday at the Mason-Dixon Outdoor Conference meet. At their home track, the men were crowned Mason-Dixon champions for the second year in a row, while the women finished second.

One of the outstanding performers of the day was senior Cory Beebe, who took home 2010 Mason-Dixon Track Athlete of the Year. He finished first place in the 110m hurdles (14.82 seconds), 400m hurdles (54.43 seconds) and the 400m dash (47.85 seconds)—his time in the dash broke the school record he set last year when he ran it in 48.63. Both his finishes in the 110m hurdles tion, getting off the blocks much and the 400m dash soared well above sooner." NCAA provisional marks.

"It feels good," he said of his suc- the Mason-Dixon last year, highcess. "I've been waiting four years to lighted this meet with solid finishes hit the provisional mark, and I finally

the 2010 Mason-Dixon Field Athlete of the Year, ended his last Mason-Dixon with a pair of first place finishes in the shot put (55' 2.25") and the discus throw (162' 5"). His throw in the discus was also an NCAA pro-

"It felt pretty good to have helped the team finish out on top," he said. Senior Delannie Spriggs finished first in the 100m dash (10.65) and in the 200m dash (21.55). Both times exceeded the NCAA provisional mark. He used this meet to prepare him for the NCAA championship

held at the end of the month. "This meet helped me engage in what I needed to work on a little more," he said. "In the 200m I feel more confident, but in the 100m I still feel I need to work on my reac-

The women, who placed fifth in on both the track and the field. Their most outstanding feat was their dom-

Senior Brandon Fugett, who won in ance shown in the shot put, led by the first place finish of freshman Chelsea Tavik (41' 6"), the second place finish of sophomore Jennifer Houghton (36' 5.75"), and the third place finish of senior Janay Johnson

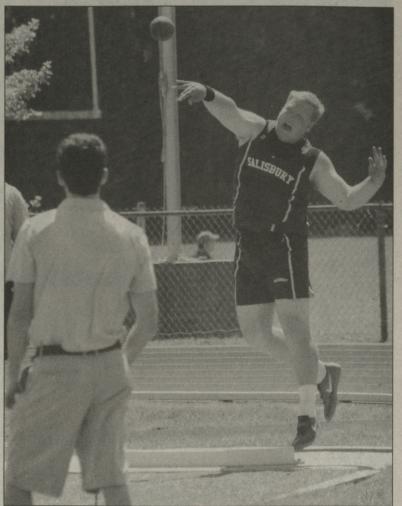
> Today went really well for all of us," Houghton said of the women. "The competition was really strong, and we all did great."

Head coach Jim Jones couldn't have been more satisfied with both the men and women's effort.

"We had some outstanding performances today," said Jones, the 2010 Mason-Dixon Men's Coach of · the Year. "We look forward to moving on as we make that journey towards the national championship

Coach Jones also credits his seniors for their efforts in their last Mason-Dixon.

"Their leadership and athleticism we may never see here at Salisbury again," he said. "They're just a special



Dan Anderson photo

May 4, 2010

Sophomore Jay Drenner hurls a shot during the weekend's Mason-Dixon Outdoor Conference Meet. The men took 1st place and the women 2nd.

### Softball ends season with 33 wins

By Pat Drengwitz Staff Writer

The Sea Gull softball team won a pair of doubleheaders last week against Gettysburg College and Catholic University to close out their season with a final 33-2 record.

The ladies outscored opponents 23-2 to win all four of the games that they played in two

"Our main focus was to take each pitch one by one and to worry about plays as they came. We have really become one as a team, and our job as teammates is to pick each other up from a bad play or hit, and to work hard at the next one," junior pitcher Kelly Leary said of the four

games. The first doubleheader was on Tuesday against Gettysburg; Salisbury allowed the Bullets only one run. Gettysburg showed signs of life in the top of the fourth, but left three runners on base after Salisbury's sharp defense sent them to the bench. They were answered, though, by Salisbury, thanks to the bat of freshman Michelle Gravdahl who hit a double to center, allowing senior Lauren Brenneman and senior Jen Cahill to cross the

plate. Salisbury scored six more in the fifth and sixth innings, including a Kelly Waskewicz homer, her 50th career blast. The Gulls kept up their dominance in the second game, with Ritter putting SU on top quickly. Sophomore pitcher Erika Brittingham gave up only one run and struck out eight, putting her season win total at



Senior first baseman Ali Ritter stretches for a force out against Catholic University April 28. Salisbury swept Catholic and Gettysburg last week.

In the first game against Catholic University, Salisbury traded runs with the Cardinals in the first, but it was all Salisbury after that. After two more runs were added in the fifth and sixth innings, Ritter hit a homer in the bottom of the sixth to make it 5-1, the score on which the game

would end. The Sea Gulls shut out Catholic in the second game, with Brittingham pitching exceptionally well again. Another home and opponent have yet to be anrun by Waskewicz helped bring

the team to their 5-0 victory. in those games, but we were able to get three big home runs to dominate Catholic in the late innings," said Head Coach Margie Knight of the Catholic games. "No doubt our ability to work out of jams by the pitching staff in both games along with some

great defensive gems kept us in the games until the timely hits."

Pitcher Kelly Leary, said of the four games, "Our main focus was to take each pitch one by one and to worry about plays as they came. We have really become one as a team, and our job as teammates is to pick each other up from a bad play or hit, and to work hard at the next one."

Salisbury's next contest will be their first in this year's NCAA tournament but the date, time,

Senior firstbaseman Ali Ritter "We left quite a few runners on summed up the season with ex-

"We have accomplished so much this season, but it's not over yet. We're keeping our eyes on the prize and taking it one pitch, one inning, one game at a

## Athlete Spotlight

Janay Johnson

By Fred Hobbs Staff Writer

field for SU.

per game with 5.5 rebounds per 2009 Optimist Classic All- Tour-

In track and field this season Johnson, for the first time, made first team All- Capital Athletic Conference in the discus. In the previous two seasons Johnson has won second team All-Capital Athletic Conference awards in shot put, discus and hammer

Johnson recently sat down with The Flyer to answer a few ques-

play here at SU? Why?

basketball because I enjoy the tense season. But I can't count enjoy being around them.

What is the toughest thing about being a two sport ath-

Senior Janay Johnson is a true two sport athlete. She plays both women's basketball and track &

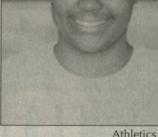
In her senior season of basketball, Johnson averaged 9.4 points game. Johnson was named to the nament Team.

What is your favorite sport to

throw.

My favorite sport to play is chemistry me and my teammates have and I like the long and inout my track teammates, I always

Managing my time accordingly, and making sure I stay on top of



Athletics photo Janay Johnson

How did you feel when you found out that you were selected to the All-CAC first team for discus?

I was excited because [my coaches and I] have been working very hard to catch me up with everyone else because I started late into the season, and seeing what I had accomplished was a relief. All the hard work

What helps you focus, right before competition?

Music, music and more music. What do you do to relax and let loose outside of the basket-

ball courts and the track? Hang out with friends, and

watch a whole lot of college and NBA basketball.

Growing up who were your favorite athletes that made you want to choose track and basketball?

Diana Taurasi, especially Tina Thompson inspired me to continue basketball coming out of high school. As far as track I really don't know any track athletes, track was a sport I tried and overall had a good experience with it and I decided to try and continue it at a higher level.

## Salisbury Sailing hits the water for regatta in Berlin

By Tom Watson Sports Editor

On May 1, the Salisbury Sailing Club hosted the first regatta since the school was a varsity team back in the

A typical regatta usually has between 15 and 20 teams participating, though made the trip to sail under hot sunny the number jumps to the mid 20s durskies on Saturday. ing WAR, the east coast Sailing Cham-

There is an A and a B fleet, like a Varsity and JV team, that consists of a dent. skipper and a crew. Each school's A fleet shove off and race around a predesigned course. When the A fleets have crossed the finish line, the B

The regatta's scoring is very similar to golf; the lowest score wins. If you come in first place in a race, you receive one point, if you come in second place, you get two points, et cetera. Salisbury's sailing team competes against colleges from seven dif-

In this weekend's regatta, only five teams - four club and one varsity competed in the event, which was held at the Ocean Pines Yacht Club in Berlin, Md. Christopher Newport University, Ocean Community Col-

"It was a big success for us," said team captain Kyle Miller, in his third year with the team, his first as presi-

Around fifty spectators came out to watch Salisbury finish second to

For the last three years, the club has slowly increased its membership to around 20-25 members, most of which had little to no experience before joining the team.

"Each year we get about three or four guys who have some sailing experience, and about seven to eight who

Once a top varsity program, the sailing team is trying to grow once again through club sport funding, which

was cut by \$3,000 this past year. They sail on nine Club Flying Juniors that were purchased for the team in 1993. "We have, by far, the oldest boats in lege, Army, and the Webb Institute all MAISA (Mid Atlantic Intercollegiate Sailing Association)," says Miller. "We're trying to get the school to rec-

> Along with coach Paul Hall and faculty advisor Gene Williams, Miller is trying to get the sailing team back to prominence.

Next semester, practices will increase from two days a week to four and SU will try to host up to two to three more regattas in the next year. But even with high ambition, the team

hasn't lost sight of what's important.

"I could probably tell you the name of everyone on every team," Miller said. "Everyone has a good time. We're all good friends, but when we hit the water, everyone wants to win.'



SU's club sailing team races through the waters off the coast of the Ocean Pines Yacht Club in Berlin, Md. over the weekend. SU finished second place in the regatta that featured five other teams.

## Upsets continue as Stanley Cup gets closer

By Sarah Duffy Staff Writer

The race for the Stanley Cup has begun, but with a few changes to the National Hockey League rules. Every team used to play all other teams in the league at least once; however, this is no longer the case following implementation of post-lockout tied for second in scoring with 109 points. changes.

NHL teams will now play 10 inter-conference games, not including those in their own conference, games throughout the entire season; one game against each. team in two of the three divisions in the opposite conference. They will also play 40 games against non-divisional, conference opponents, four games against each, and 32 games within their division with

eight games against each. Also in the new rule changes, two in regulation time. At the end of the regumost points in each division is crowned the division champion. A total of 16 teams will qualify for the Stanley Cup

playoffs. the second round started on May 1. Eight Wings teams won for their series and moved on to the next round. The series champions are the Pittsburgh Penguins, Philadelphia Flyers, Boston Bruins, Montreal Canadiens, Detroit Red Wings, Chicago Black-

hawks, Vancouver Canucks, and San Jose

During the playoffs so far, Sidney Crosby of Pittsburgh is the leading point scorer with 14 points in six games, while Alexander Ovechkin, whose top-seeded Capitals lost in the first round, only had nine. In the regular season, both players The Penguins have made it to the NHL Championships the past two seasons and

are the defending champions this year. One of the teams to beat, however, is the Philadelphia Flyers. They were the number-seven seed in the Eastern Conference and had no problem taking down the number-two-seeded New Jersey Devils, winning the series 4-1. The other team in the East to move on is the Boston Bruins.

This year, they are the number-six seed. In the Western Conference, the San points are awarded for wins, one point is 
Jose Sharks and the Chicago Blackhawks given for losing in overtime or a shootout, stood apart from the rest of the teams in the regular season. The playoffs have been no different, as both teams advanced lar season, the team that finishes with the to the second round in six games. For the Blackhawks, right-winger Patrick Kane led the way in the regular season with 88 points, while center Patrick Marleau led the Sharks with 83 points. In round two, The first round has come to an end and the Sharks will take on the Detroit Red

Though the defending champion Penguins are still alive, there is no clear-cut favorite and anything could happen in

## Editor's Corner

### Theo or Varly? You decide.

By Tom Watson Sports Editor

With the Washington Capitals' poor showing in the first round of this year's NHL playoffs, many questions arise, most of which surround the defense. And at the heart of that defense is the goalie, or goalies in the Caps' case. If you're going to build a strong defense, you have to build around someone, so it's with the argument that Theodore is the time the red storm decided around which better goalie during the season, and goalie to anchor their defense.

Jose Theodore has had a highlightfilled career that includes winning the Ford Cup as the league's top defender and a playoff MVP award, yet as of late. it has been much debated whether or not he is better than his predecessor, Simeon

Varlamov. Take a look at Theodore's 2009-10 sea- the result? Should they release both and son statistics. He went 30-7 as a starter, had a 2.81 goals against average, a .911 save percentage, and averaged just over 26 saves per game.

Theodore anchored a defense that led the Caps to the President's Cup title for the best record in the National Hockey League. However, the Caps are a highscoring team, and though his GAA is below three, Theodore's nickname, Jose 'three-or-more,' held true for most of the young, he is talented, and though he is season as Washington won games on of- inconsistent, he will be the Caps' goalie fense, not on defense.

That is exactly why Theodore was pulled in round one against the Canadi-It was Varlamov's turn.

'Varly,' as he is often referred to, went 15-4 in the regular season, had a 2.55 statistics. He was mere fractions behind Theo, statistically speaking, during the season, even though he played fewer

Yet it is in the postseason that Varly made his name last year, saving the series against the Rangers, and it seemed to be his time again this year as he went 3-3, had a 2.41 GAA, and a .908 SV percent, all numbers much better than Theodore's. And, unlike Theodore, in the Game 7 loss on Wednesday, only two goals were

So the debate continues. Many suffice therefore the starter, but struggles in postseason play where Varlamov thrives. So should the Capitals just take out their starter - their goalie who won them 30 games during the regular season - and replace him with this second-year player every post season? Should they name one the starter and leave it at that, no matter

trade for Ryan Miller? No, the facts are there. As ESPN analyst and hockey enthusiast Barry Melrose loves to point out, hockey players feel pressure, and it is obvious that Theodore feels that pressure in the playoffs, at least

in Capitals' red. But despite the fact that Theo may be the better regular season goalie, Varlamov is the goalie of the future. He is in the coming years. So, rather than substitute your regular starter for a younger guy with much less experience, give Varly ens after he let in two goals on two shots. the experience, name him the starter, and give him a full season's worth of play to

prepare for the post season. Maybe then, and only then, will he have GAA, a .909 SV percent, and averaged 25 at least a chance to become the consissaves per game, according to ESPN.com's tent talent that everyone believes he is capable of being.

> Maybe then the best team in hockey won't lose in the first round of the play-



Capitals' captain Alex Ovechkin is signed through the 2020-2021 season. Is Varly the guy to grow with Ovie and build a defense around, or does the more seasoned Theodore still have what it takes to win a Stanley Cup?

## Briefly Stated: Sports Edition

Champions. Congratulations!

Come see the fastest growing sport in the country at Sea Gull Stadium on Sunday, May 9 at 2 p.m., Salisbury University's ultimate Frisbee team, the BUZZ will host rival Towson University's PANDAMONIUM in an exhibition game on Sunday. There is a \$2 entry fee – all proceeds benefit the Special Olympics.

Lax Club Team brings home the prize The Salisbury Men's Club Lacrosse Team has been named the 2010 NCLL National

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## College recruits hope to make their mark

Florida, Texas and Alabama look to continue their dominance with the top three recruiting classes

By Alexis Howard Staff Writer

With the NFL draft making recent headlines, football fans shouldn't forget about the future top draft picks who will begin their collegiate journeys come fall.

Although the 2010 college football season has yet to begin, experts familiar with the game have made their predictions and ' sized up the recruits for the top football programs in the nation. There seems to be little dispute as to which universities have the top recruiting classes for the upcoming players he has ever seen. The Gators also

college football season. According to ESPNU, the top three re-

Florida Gators, the University of Texas Crimson Tide. The new players were signed February 3, 2010, national signing day for prospective college football play-

Florida's head coach Urban Meyer signed 27 players to his roster. Eleven of these players were ranked in the ESPNU top 150 prospects list. Florida is most proud of number-one ranked defensive end Ronald Powell from California whom Meyer feels is one of the best football signed top defensive end Dominique Easley of New York and top safety cruiting classes belong to the University of Jonathan Dowling of Florida. Experts

agree that Florida's talent could keep them Longhorns, and the University of Alabama in the national title hunt for the next sev-

Texas nabbed the second-best class as head coach Mack Brown snagged two of the country's top four players and three of the top 20. Their class is led by Jackson Jeffcoat, defensive end from Texas and son end Adrian Hubbard of Georgia. of former Dallas Cowboy Jim Jeffcoat. The Longhorns also signed Jordan Hicks, a out of the SEC (Southeast Conference), linebacker from Ohio.

Brown believes this class has the poten-

tial to be the best in his coaching career at

Texas. Texas also signed quarterbacks Case

McCoy and Connor Wood, both from

Texas. Twenty-two of the Longhorns'

other recruits are also from Texas.

As the defending national champion, coach Nick Saban's Alabama team has reason to be optimistic about the upcoming season. His top prospect is the nation's top quarterback recruit, Phillip Sims of Virginia. Alabama also signed cornerback De-Marcus Milliner of Alabama and defensive

With both Florida and Alabama playing this conference should once again find itself with a team vying for the national championship. New players will only improve these powerhouses of college football. And don't forget that the Longhorns will be looking to capture the national championship crown for themselves.

### **NBA's Eastern Conference looking** to dethrone the mighty West

By Brian Willhide Staff Writer

With the first round of the NBA playoffs now wrapped up, one must question: Is the Eastern Conference actually looking better than the vaunted West? Let's take a deeper look into this.

### **Eastern Conference Semifinals**

Boston Celtics vs. Cleveland Cavaliers: In their four first-round wins, both Boston and Cleveland outscored their opponents by about 12 points per

Atlanta Hawks vs. Orlando Magic: The Hawks finally played up to their potential when they faced a deciding game six and seven last week, but the Magic dominated, as they are the only team in the NBA playoffs thus far to pull off a series sweep.

### Western Conference Semifinals

Utah Jazz vs. LA Lakers: Utah reeled off a 5-4 upset over last year's Western Conference finalist Denver Nuggets while the Lakers got off to a hot 2-0 start in their opening series against the Oklahoma City Thunder, but faltered on the road, including a 21-point blowout in game four.

San Antonio Spurs vs. Phoenix Suns: Perhaps the biggest upset of the playoffs came with the seventh seeded Spurs knocking out the second seeded Dallas Mavericks in six games. The Suns took advantage of a depleted Portland Trail Blazers squad on their way to a series victory.

When the eight seeds were decided for each conference, the West seemed most impressive, as all eight seeds were 50-game winners in the regular season. The worst four regular season records for playoff teams came from the East.

However, the top two records from the regular season belong to the East's Cavs and Magic, meaning either of them would own home-court advantage if they were to get to the NBA fi-

However, arguably the most key factor in all of this goes back to an old cliché that "defense wins championships." If that holds true, then it is important to note three things.

First, three of the league's top four teams in field-goal percentage defense were Boston, Cleveland, and Orlando. Second, the Magic's Dwight Howard is the two-time reigning NBA Defensive Player of the Year.

And third, according to Josh Robbins, NBA writer for the Orlando Sentinel, "Howard, [LeBron] James, Atlanta's Josh Smith and Boston's Rajon Rondo are top contenders to be named to the league's all-defensive first

So can the East de-throne the mighty West? Statistics don't lie. According to NBA.com, since 2003, a Western Conference team has won the title in each odd-numbered year while a team from the East has won the title in each evennumbered year. And 2010, of course, is an even-numbered year.

But besides that, all four teams in the East are legitimate, so any of them out could potentially defeat whichever Western Conference power they meet in the finals. Only time will tell, but do not be surprised to see a team from the East hoisting the Larry O'Brien Championship this June.



www.sports.espn.go photo

The Orlando Magic's Dwight Howard and Cleveland Cavaliers' Lebron James could be one of the teams in the finals this year to try and take the crown from the Western Conference.

### Salisbury Athletics Poll

From the SU Athletics Web site

What will be the outcome of the 2010 War on the Shore?

20% Salisbury victory by a margin of 1-5 43% Salisbury victory by a margin of 6-10 24% Salisbury victory by a margin of 11+ Washington victory by a margin of 1-5 Washington victory by a margin of 6-10 Washington victory by a margin of 11+



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### Woods' missed cut overshadowed by McIllroy's first career PGA tour victory

By Brian Joiner Staff Writer

Coming up just short of winning the 74th Masters in early April, PGA golfer Tiger Woods put many critics and speculation to rest about if he would be able to return to golf with the same dominance after the infamous sex scandal.

Unfortunately, after competing in his second tournament since ending his hiatus from golf, he got the critics talking again. After a disappointing first round in the Quail Hollow Championship on Thursday with a score of 74, a frustrated Woods missed the cut on Friday when he finished his second round shooting a 79. The two scores tied him for 141st in the field, leading Woods to watch the rest of the tournament on Saturday and Sunday from home - or the dog-

According to ESPN.com, be-

fore his playing meltdown this past weekend, Woods had only missed 5 cuts in 240 tourna-

In the first two rounds, Woods could not stay in the fairway. He spent more time in the trees and rough along the North Carolina golf course in two days then a squirrel will for the rest of the summer. With a lack of consistency off the tee, Woods became extremely irritated. The 14-time major champion seemed to lack the usual fight he exemplified when trying to come from behind that he showed so famously before taking a five month leave of absence from

In interviews about his play afterwards, Woods was short, sassy and sarcastic. Columnists nationwide will surely discuss the possible end of Woods' dominate run in the PGA. Regardless, remember it was only two rounds of golf after a fivemonth layoff. Golf is a technical and mental game and no one knows this better than Woods. There's no doubt he'll find it again soon.

red hot lately. After beating Woods by five shots at August to win his third Master's tournament, Mickelson fought on Sunday, finishing at Quail Hollow 11-under-par, good enough for second place.

Yet it was 20-year-old Rory McIlroy from Northern Ireland who stole the show on a 40-foot birdie putt on the 18th green to post a courserecord round of 62. Who is he? Well, now he is \$1.17 million richer after winning the championship and he has beturning 21 years old. Who was the first? Tiger Woods.

Woods' on-course rival, however, Phil Mickelson, has been

Sunday, claiming his first-career PGA Tour victory after holing come the second golfer ever to win a PGA tournament before

SPORTS BEAT \* SPORTS BEAT \* SPORTS BEAT \* SPORTS BEAT

### Sea Gulls\* Sea Gulls\* Sea

SPORTS BEAT \* SPORTS BEAT \* SPORTS BEAT \* SPORTS BEAT

### Baseball

The No. 11 Salisbury University baseball team downed Frostburg State University on Wednesday afternoon 6-2.

The first three Sea Gulls at bat reached base in the top of the first inning. Junior Brian Green brought home fellow junior Andrew Miller on a sacrifice fly and senior Chad Wolfe singled to bring in junior Brad Baylis to take a two-

Baylis scored again in the fifth inning on a Wolfe sacrifice fly to put Salisbury up 3-0.

In that same inning, senior Mike Celenza singled to right field. It was hit number 242 for Celenza's career, tying him with Nick Pegelow for the

most in school history.

The Bobcats (27-10) finally got on the board in the bottom of the fifth inning with two runs on as many hits off starting pitcher Kyle Judson. Those were, however, the only hits and runs that Judson would allow in five innings of work, earning his fifth win of the season.

A double by Miller in the top of the sixth drove in two runs and pushed the lead to 5-

Senior Matt O'Keefe drove home the Sea Gulls' final run in the top of the seventh for one of his career-high four hits on the day.

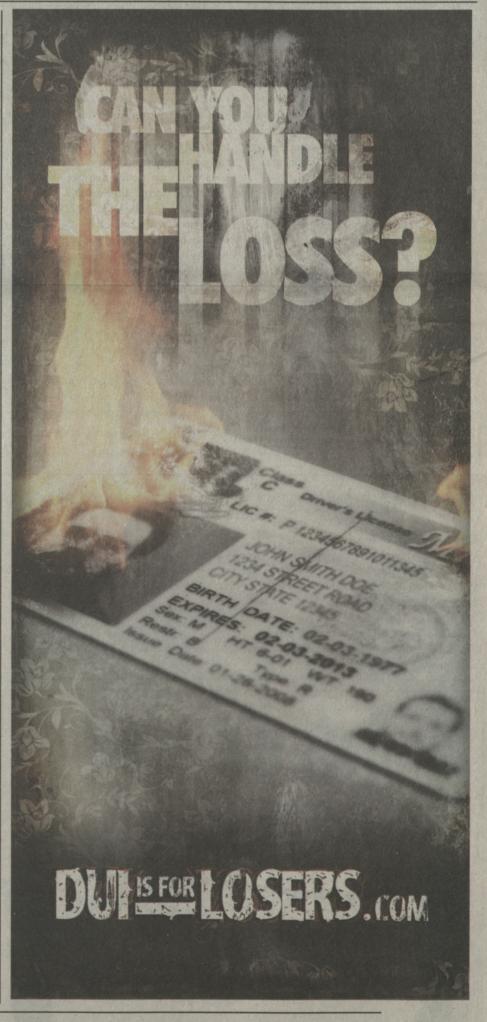
Senior Kyle Starr finished out the final four innings of the game for his second save of the season.

Salisbury totaled 11 hits in the game, all but one of which were singles.

This was the first meeting between these two teams since 2003. Frostburg State, however, is scheduled to join the Capital Athletic Conference next season, so the Sea Gulls will see plenty more of the

Bobcats in the years to come. Salisbury will finish out their regular season at home this week against Neumann and Johns Hopkins before ending their regular season on May 12 at Montclair State.

May 19, the Sea Gulls will begin their quest for the College World Series in the NCAA Regionals. Game times and opponents are TBA.



## SALISBURY SPORTS CALENDAR

Tuesday-5/4

Wednesday-5/5

Thursday-5/6

Friday-5/7

Saturday-5/8

10 a.m. Track & Field at New Captain's Classic in Newport News, Va. @ Christopher Newport

1 p.m. Baseball vs. Neumann 1 p.m. War on the Shore: Men's Lacrosse vs. Washington (Md.) College 3:30 p.m. Baseball vs. Neumann

Sunday-5/9

1 p.m. Baseball vs. Johns Hopkins 1 p.m. Ultimate Frisbee vs.

Towson at Sea Gull Stadium 3:30 p.m. Baseball vs. Johns Hopkins

Monday-5/10 4 p.m. Track & Field

at SWAT Last Chance Meet in Swarthmore, Pa. @ Swarthmore College